













#### décor

- Fresh ideas for a touch of romance
- 16 Retail therapy with panache.
- 25 Vive la France

26 A lived-in yet luxurious family home 36 Vibrant colours take centre stage

44 Antique linen and collectibles in a romantic sanctuary

- 54 Lighting focus Tips from the experts
- 62 Makeover A dated bedroom is transformed into a chic boudoir
- 68 Renovation A mother and son team work magic in a budget kitchen revamp



- 86 Reader garden A formal Versailles-
- 94 Fill your garden with the heavenly scent of lavender
  - 98 Plants of the month Flowers and foliage make a bold statement
  - 100 Garden diary What to sow and grow and where to go this month



- Mother's Day feast
- 114 Dinner's on the table Food in a flash
- 116 Trout and cabbage parcels, step by step
- 118 Heritage food Pancakes
- 120 Food & drinks to feed your senses

#### do it yourself

Make an elegant entrance table



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for two worth R42 680! 84 Complete Crossword #77 and

competition now

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bed set worth R4 999!

#### regulars

8

70

81

83

- 10 **Diary** May highlights
- 12 What's new on the décor scene
- 72 Ask the experts to solve your problem
  - 76 Décor dilemma
  - 78 Pets and their peculiarities
  - 80 Trash or treasure? Let's find out
  - 82 JJ's garden solutions
- 130 Last words from Riana Scheepers



# bonjour!

If you're suffering from writer's block, there's only one solution: sit in front of your computer and write until you come out on the 'other side'.

This was author Deon Meyer's advice at a writers' breakfast one morning and when it came to my ed's letter for this, our French issue, I suddenly understood exactly what he meant. My words dried up – probably because we are slap bang in the middle of two deadlines (our first bonus issue, *Home Paint It*, will be on-shelf in late April) and my head is simply filled with too many things.

So I took Deon's wise words on board and started writing random thoughts down...

I recalled my first visit to France, the blissful start to a holiday that would take me and an old university friend to Spain and back. Such great memories.

I also asked friends on Facebook for inspiration.

Therese shared a photo of the Eiffel Tower, and my cousin Chantal recounted how a stranger in France had walked right up to her, kissed her resoundingly on the lips and told her she was "so beautiful".

Ilza wanted to know what the plural of the French surname Du Plessis is (no comment) and my colleague Dale informed me, rather drily, that since she'd made spaghetti for dinner, she would be able to provide plenty of Italian inspiration...

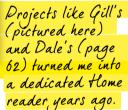
Finally, our English copy editor, Gillian, provided a ray of light. She wrote: "Hi Wicus. This is not especially related to your ed's letter conundrum, but I just wanted to say that Dale's comment in her bedroom makeover story that 'working at *Home* magazine has inspired her to re-do her house' – well, I'm the same! We have given our kitchen a makeover just using paint. We have also created a lovely new Mediterranean-inspired courtyard in an area that was ugly and had nothing going for it."

I realised once again that projects such as Gill's and Dale's made me the dedicated *Home* reader I've been for years, shamelessly 'borrowing' ideas from other people's beautiful homes. Take a look at Gill's courtyard and kitchen (*right*) and turn to page 62 to find out how Dale gave her bedroom a touch of French flair.

And yes, in this issue we are indeed celebrating all things French. The three reader homes are simply stunning and Deon de Goede's DIY table seems sure to result in fisticuffs here in the office – everyone wants it!









The Greigs' garden, would you believe, boasts a genuine 'potager' (French kitchen garden) right in the heart of Johannesburg!

Then there's the food: Reinée and her mom created a Mother's Day menu that made me long for the French countryside. I dream of buying fresh ingredients at a market and cooking up a feast. I'd sit on a patio at a rustic table with beautiful linen napkins and food served in old dishes, ivory cutlery alongside. At dusk, I'd drink a toast with a glass of real champagne, the cork of a Bordeaux wine safely tucked in my suitcase to bring home as a keepsake.

Paging through this issue, I realise once again that I don't really need words. See for yourself, the pictures speak for themselves. Enjoy!



#### Like hotcakes!

Home Recipes is selling fast – this special digital magazine is a tantalising collection of the most popular step-bystep recipes published in Home in recent years. Get it for R30 from mysubs.co.za and read it on your tablet, smartphone or desktop (also available in the digital magazine kiosk Zinio).



#### Plant a seed...

Have you ordered your *Home* seed packs yet? The first orders have gone out and the first batch of seeds have already been sown in gardens all over SA. *Home* has joined forces with Kirchhoffs to bring you three combo-packs of seed for your garden – order now! Get planting and wait for your garden to explode with colour. Go to page 128 for the order form or contact: Lucille van der Berg (021 408 3038, lucille.vanderberg@media24.com) or Julian Padua (021 408 1291, julian.padua@media24.com).





# at your leisure

Don't let regular shopping hours curb your retail therapy! Simply shop from the comfort of your own home at the Home online shop – go to spree.co.za/tuishome.





Look out for the red shopping bag alongside products in this issue - they're all available at spree.co.za/tuishome

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**WEB** www.my-mags.com

Published by Media24, Naspers Centre, 40 Heerengracht, Cape Town, 8001. Tel: 021 406 2121

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## CREATE THE LOOK

WITH DECORLAND

After a long day at the office, you want to be able to come home and relax in a room that allows you to unwind. This modern living room has all the elements of a unique sense of style, and it's so easy to achieve. With Africa taking centre-stage in global design circles, the Nguni hide rug was the inspiration behind this eclectic decor scheme.

You don't want to over design this look, so choose one or two pieces that suggest the particular style and enhance it with your favourite collectibles - think texture photo frames, object d'art and other personal relics. To accentuate this eclectic finish, pleather upholstery for the chairs and custommade Fauxwood Venetian blinds from Decorland for the window dressing

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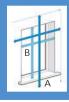
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A. Wall face mounting - measure the total area you want the blind to cover. B. Window recess mounting - measure inside the window recess in at least 2 places as walls may vary.

1. Record the width (left to right) first, then length (top to bottom) in mm. 2. Measure each window individually. 3. Always measure in mm's with a metal measuring tape.





## your space

Write to us at Home, Readers' Letters, PO Box 1802, Cape Town 8000; email editor@homemag.co.za, fax 021 408 3046, and join our Facebook group (facebook.com/homemag) or follow us on Twitter @TuisHomeMag.

#### WINNING LETTER

#### Our sanctuary

*Linda Evans of Sedgefield writes* We moved into our new home five months ago and decided to create a spot of French flair in the garden.

First, we upcycled a large plant container that we found in the garden: we painted it white, decoupaged the surface using French-style napkins and sanded it for a vintage look. Now it's a stunning lily pond that adds to the French style we were after.

We also gave old herb boxes a coat of white acrylic paint, embellished them with wrought iron goodies from the local gift shop and filled them with colourful seedlings. The chandelier was also upcycled: we removed the light fittings and painted it white – now it's used for mosquito-repellent candles.

A shady spot next to the seating area was perfect for a stone stream water feature; the plants were mostly replanted from different areas in the garden, and the stones were dug up when we cleared other parts of the garden. Finally, we added crushed peach pips to bring colour and an organic feel to the whole area – and a few bunting flags just for fun.

Voila! A shaded area perfect for relaxing and enjoying lunch al fresco style.



## A dream come true Matlou Malibe of Middelburg writes

When my husband and I were staying in a small rented house, I couldn't explore and realise my bedroom dreams because we were limited by a lack of space – and the bedroom was a disgrace.

Late last year, we moved into our own place – and now I have space! My favourite area is the main bedroom. It suits me so well and I can create the paradise I've been dreaming of.

This meant a fresh start. We were able to fit in a king-size bed and headboards and although I've not been able to do everything at once, I'm slowly getting there. I love my new house and the happiness every couple dreams about.

#### What an inspiration!

Antonio Gabriel Nobin of Durban writes I just received my March issue of Home and I'm absolutely enthralled. I want – no, I need to have Waldimar Pelser's apartment. It's simply gorgeous.

What a fantastic use of space! Reading the article is like having a five-course meal that you linger over because your 'palate' is

> being introduced to all these amazing flavours. And you're sad at the end of it because you have to get back to reality.

Excellent articles throughout the mag make us want to dream bigger in technicolour!

#### **IN SHORT**

Every month, my husband and I argue about who'll get to read *Home* first. On occasion, we even buy two copies! Thank you for your wonderful columns and ideas. We draw so much inspiration from your stories every month – our house is totally at your mercy if something needs to be changed. We have an endless list of ideas and pictures from your magazine! – *Liandi Robinson*, *Oudtshoorn* 

Congratulations to the winners of your Fix it with Flair competition, the resourceful Labuschagnes. I had a good giggle when I read that the Labuschagnes' mantra is "waste not, want not". It's so true — I'm also married to a Labuschagne and my handy husband will never discard anything until he's tried every avenue to fix it. — Stephnie Labuschagne, Roodepoort

Just look – a pallet garden in a day! – *Sherinne De Fanti, Randburg* 



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# diary

Compiled by Johané Neilson

## Calling all foragers!

offering fungi enthusiasts two exceptional weekends of wild mushroom hunting in its private forest on 30 & 31 May and 3 & 4 July. There are only 40 spots available, so book now! Call 021 888 4600 or email info@delheim.com.

Guiding you Home (starts May 9 on the Home Channel, 176 on DStv) follows the journey of local property buyers in search of their perfect home. In each episode we see a family paired up with a real estate agent who shows them the best of what the property market has to offer in the area they desire. Take a peek into a variety of interesting homes in some of South Africa's most soughtafter residential areas.

#### Good Food & Wine Show

#### 21-24 May: CTICC

The Good Food & Wine Show features international and local celebrity chefs in a super-interactive extravaganza of culinary techniques, equipment and



Table on the Food Network and our own Giggling Gourmet, Jenny Morris, romancing the stove. Visit goodfoodandwineshow.co.za.

#### **Grand Designs Live**

#### 29-31 May: Coca-Cola Dome, Gauteng

Enjoy top brands, designers, expert tips and innovative features that will re-energise your passion for upcycling in your home and garden. Highlights at this year's jam-packed show include the DIY Build Theatre, Garden Theatre, Chef's Theatre and even a Tree House. Tickets cost R90 (pensioners and students: R60; under-12s: free); visit

granddesignslive.co.za or call 011 835 1565.



#### May flashes

#### 1: Workers' Day

1-2: Indulge in fine wine, delicious food and live music at the 5th Filnwyn Wine and Food Festival at the Shokran Events venue in Pretoria East. One-day tickets are R120 or pay R200 for both; kids between 12 and 18 years old pay R50: book at itickets.co.za or visit fiinwyn.co.za.

1-2: Celebrate the arrival of autumn at the Haenertsburg Food Wine and Beer Festival in Limpopo. Entrance is free but you have to buy tickets for workshops and demonstrations; call 082 370 8567 or go to foodandwinefestival.co.za.

2-3: Don't miss the annual Riebeek Valley Olive Festival! An Olive Passport (R70), valid for the entire weekend, gives you access to participating wine farms, the Olive Emporium and Olive Boutique. Get tickets at webtickets.co.za or call 022 448 1545.

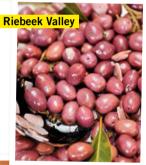
10: Happy Mother's Day! 16: World Whiskey Day

18: June issue of Home on shelf

30: Shiraz and charcuterie: a culinary match made in heaven! Sample some of SA's finest Syrahs paired with delectable artisanal fare at this year's Feast of Shiraz & Charcuterie hosted by Hartenberg Wine Estate at the Klein Joostenberg deli from 12pm. Tickets cost R180, including entrance fee and wine tastings; call 084 207 3820 or email info@dnaevents.co.za.









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what's new

Compiled by Beatrice Moore-Nöthnagel

Please send décor and lifestyle news to news@homemag.co.za.



## Watch this space!

BUSINESS Tamarillo Designs WHO Lorrae Joachim WHERE Cape Town

**HER WORK** We've been watching Lorrae for a while and always spot her at Design Indaba and pop-up fair Kamers. Her latest collection has a distinctly local flavour with its artichoke, grape and beetroot designs.

"I've been drawing botanicals for some time, but I just hadn't used them till now. Let's call it serendipity," says Lorrae.

"I also love old china. I'm a bit of a collector and my favourite is old-world Delft, so my new collection was inspired by this obsession I suppose. I just love it when things fall into place!"

Visit **tamarilloceramics.blogspot.com** or pop in at Hello Country in Pniel outside Stellenbosch or Present Space in Kloof Street, Cape Town.

After great success as a pop-up shop, Poppi se Shoppi has opened its doors at Heritage Square, Vrede Street in Durbanville. From second-hand furniture to silverware, Poppi will satisfy all your vintage and shabby chic décor desires. Call Lize on 082 339 9166.

For stylish tongue-in-cheek décor and gifts, pop in at One Fine Beginning at the Middelburg Mall in Mpumalanga.

Passionate about supporting small independent businesses, this beautiful shop is bursting with the finest in SA design. Call 013 244 1307.



## Local is lekker

If you'd like to take a peek into the homes and lives of 15 of SA's most revered artists, Paul Duncan's new book, *South African Artists at Home*, (R375, Struik Lifestyle) is a must. Over countless mugs of coffee or glasses of wine, he listened and observed as they spoke about their lives, loves and the way they make their art.



### Spoil yourself!

We're big fans of Victoria Verbaan's work, whether a watercolour painting or an item adorned in one of her prints – like this coated canvas art shopper bag (R1 680). Check out victoriaverbaan.com.



New from U&G Fabrics is their Summer
Meadows collection.
We love the Phoebe design (R496/m) with its large pink florals on a soft grey background – perfect for a feminine touch.
Go to ugfabrics.co.za.

## Fabric & wallpaper

If, like us, you're always in search of beautiful previously-loved French fabrics and furniture, pop in at Nerf-af's new store, Nerf-af Waterbankie, on the corner of Mabel and Durban Road in Bellville or call 084 946 6326.





## Hot products

New from The Lighting Warehouse is the Fairytale chandelier with five lights and a French white paint finish (R3 300, selected stores). Go to the lighting warehouse.co.za.



Belgotex
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carpet, artificial turf and vinyl
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for your nearest
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Tired of getting the usual body products on Mother's Day? Spoil your mom on 10 May with a floral photographic scatter (R225) from Woolworths.



# Romancing the home



**Creative corner** Add impact to a garden nook by repurposing an old cupboard painted in an authentic French colour such as duck-egg blue. Don't bother with a weathered paint technique – the elements will soon oblige. Recycle old shutters to frame the setting and add an old watering can and terracotta pots to create a gorgeous outdoor still-life.

#### Clay chic →

Transform inexpensive clay pots by covering them with trendy paper serviettes. **Here's how:** apply one coat of Mod Podge, cover with a serviette and finish with three coats of Mod Podge. It's that easy! **Tip** Don't be alarmed if the serviettes wrinkle when you stick them down – this adds to the rustic look. Serviettes R19.99 and pots R39.99, Mr Price Home



#### Picture this →

Ella had a pair of French armoires in her store but her bedroom was too cramped for such a large wardrobe. So she had a photograph of an armoire enlarged and framed. If you look quickly, you'll be forgiven for thinking those doors can open...

#### Clock watching →

Do you have old enamel plates lying around? Turn them into clocks. **Here's how:** glue decorative tissues to the plates with Mod Podge. Drill a hole for the clock mechanism with a 5mm tile- or ceramic drill bit and mount the mechanism (available at hardware stores) to the back; attach the hands and numerals to the front. If you make more than one clock, set the time for each according to your favourite global cities – not forgetting Paris! fit

#### **STOCKISTS**

Moi Decor 012 362 2730, moidecor.co.za Mr Price Home 0800 212 535, mrphome.com





16 home May 2015

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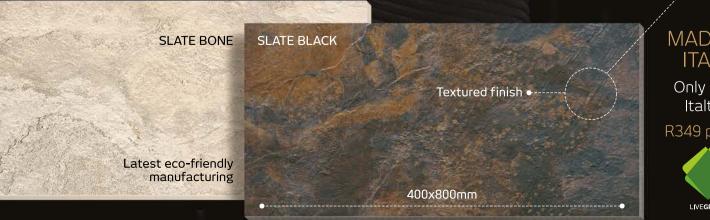




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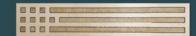
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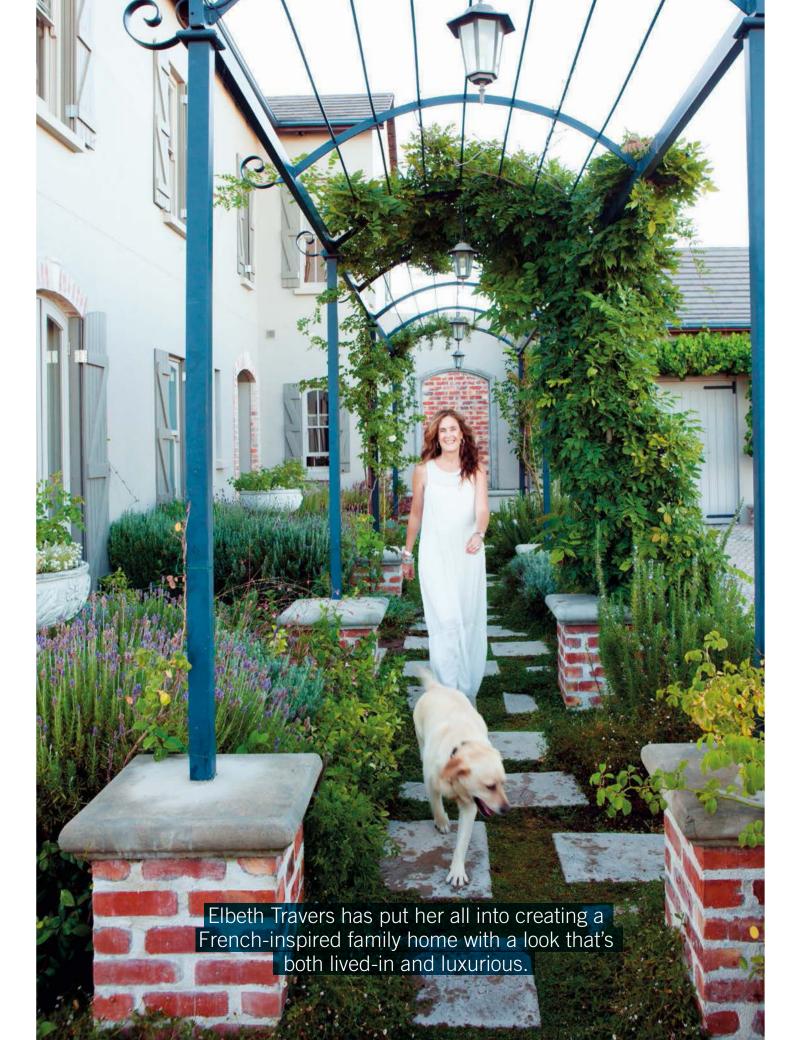


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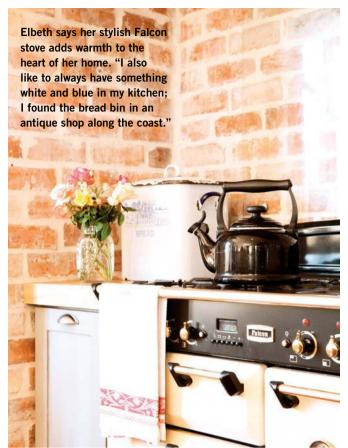
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#### Three years ago, Elbeth Travers and her veterinarian husband Frank packed up their home in Pretoria.

What they were really after was a change of pace, and that's what they found in the heart of the Cape Winelands in a French-inspired home that they built to suit their laid-back lifestyle perfectly.

For this couple, it's all about lived-in luxury and creating a space where they can be together as a family – Elbeth and Frank love spending time with their girls, Megan (29) and Leischen (27), and son Walter (16). "Our favourite pastimes are long lazy lunches, laughing, chatting and reading," says Elbeth. "We also love to cook, making beautiful food and spending time with each other."

Elbeth believes it's essential to consider your family's needs when planning your dream home: "Every family is unique and so every home will be unique in design and style. It's the differences that make each home beautiful."















#### Effortless French flair

An air of tranquility pervades this family home – it could just as well be somewhere in Provence, France. "My husband and I have always loved the effortlessness of the French Country style and we approached the design and décor with this ideal in mind," explains Elbeth.

The couple opted for open spaces and simple finishes to complement their beautiful surroundings and laid-back lifestyle. The enclosed stoep overlooking the lawn and pool is where you're most likely to find them, come rain or shine. Complete with a braai, informal lounge and café set, it's the perfect place for *al fresco* dining.

Key features of this French-inspired aesthetic include an informal garden punctuated by ornate steel structures, wooden exterior shutters, elevated ceilings dotted with unique pendant lights, an open-plan living and kitchen area connected by a huge fireplace, raw cement flooring layered with rugs, and exposed clay brick walls to add an industrial feel.

"This look offers us the freedom to combine simplicity with a degree of flair, allowing us to create an interior that is rustic, homely and easy-going," says Elbeth.

#### Elbeth's favourite stores

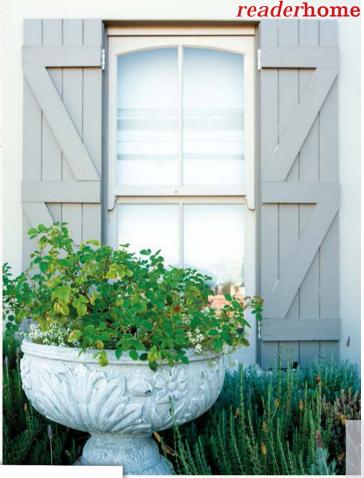
- Masquerade in Franschhoek
- Kooperasie Stories in Simondium
- Nerf-af in Durbanville
- Merci in Paarl
- Vintage markets around Cape Town





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# If you put your heart into your home, you will love living in it. - Elbeth

STOCKISTS Biggie Best 021 534 8662, biggiebestwebshop.co.za Douw Steyn 076 567 6006 Falcon 021 424 9091 falconworld.com/sa Hope Garden Furniture 021 448 7485, hopegf.com Isabelina 021 418 5018, isabelina.co.za Kooperasie Stories 082 779 8032, kooperasiestories.co.za Masquerade 021 876 3944, masquerade.co.za Merci 082 895 5005 Malco 021 981 5290, malco.co.za Nerf-af 084 946 6326, nerf-af.co.za Pine's Antiques 056 817 7341 Prominent Paints 086 177 6646, prominentpaints.co.za Salome Gunter Interiors 021 762 9512, salomegunter.co.za Toca Madera 072 626 5145, tocamadera.co.za

#### Fine finishes

Paint Exterior and interior walls in Prominent Paints Elmwood; window frames and doors in Prominent Paints Keystone; shutters in Prominent Paints Corinthian Pillar; front door in Prominent Paints Corinthian Pillar and Melanie. Fabric Biggie Best; Salome Gunter;

Fabric Biggie Best; Salome Gunter; Kooperasie Stories; and antique French sheets for main bedroom curtains.

**Floors** Cement screed made up of white sand.

**Kitchen** White marble counters with raw oak doors made by Malco.

**Cabinetry** Built-in wardrobes and bathroom vanities by Malco were made to look as if they are freestanding.

Lighting Dining room pendant from Salome Gunter Interiors; kitchen lights from Kooperasie Stories; stoep light from Isabelina in Stilbaai; main bathroom chandelier from Toca Madera.

Steelwork Ornate garden trellises by Douw Steyn. 🗈















#### "I love the challenge of creating something from nothing."

So says Maureen Nel of her dream home built from scratch between Paarl and Franschhoek – an area reminiscent of the French countryside that fits her like a glove.

And this philosophy is wholly appropriate for a real estate specialist focusing on the Val de Vie Estate, where she lives.

When Maureen decided to leave Gauteng for the Boland 11 years ago, she left behind all her furniture and décor accessories.

"I wanted to start again: a brand new career, a new life, fresh colour. I only brought my absolute favourite décor pieces," she explains.

In December 2013, she settled into a new house in the Val de Vie Estate that was designed for her by her long-time architect friend, Charl Groenewald. Her brief to him was to create a home with a holiday vibe and barn-like elements.

A double-volume living space and plenty of French doors were non-negotiable, as was an open-plan bedroom with a view of





the estate's horse paddock and the Boland mountains. "Oh, and there had to be a fountain at my front door because I love the sound of water," she adds.

When Maureen isn't busy in her home office, she likes to relax in front of the TV with Stoffel the Jack Russell and Gabby

the dachshund. "Stoffel favours cowboy movies, Gabby will watch anything and I adore old romantic movies," she laughs.

"I'm truly blessed to live here with my animals among the vineyards, olive trees and mountains. I love just chilling at home." >>





ABOVE Turquoise and lime-green are two of Maureen's favourite colours, as is evident in the dining room. The sideboard, which was previously a dark colour, was treated to a paint makeover from

Interior Concepts.
Chairs from Interior Concepts; porcelain vase from Plan B Vintage

ABOVE RIGHT The stoep is one of Maureen's (and Stoffel's!) favourite spots because she can see her horses from there.

Tray cloth from Plan B Vintage; scatters from Hertex; vase from Mr Price Home

Everyone gets dressed up around here, even the horses and dogs.

- Maureen



#### Décor in full colour

Maureen's passion for beautiful fabrics and bright colours comes from her grandmother on her mother's side, Gertie Myburgh, as well as holidays spent in Paris where she admired the stylish French women. "Other people might think my combinations are weird but I would simply fade away if I didn't have colour in my life! Even my horse's bridles are brightly coloured. Colour lifts my spirits; it's my energy boost!"

And, after buying her pink Smeg fridge on the spur of the moment a couple of years ago (it lives in the scullery), there was no stopping her. Bright pink, turquoise and lime-green are boldly used in the living area.

Her decorator friend, Nicolette Jonas, helped with the décor, making sure Maureen's French furniture looked right at home with the bright palette and among the rose motifs seen throughout the house – from the carpets to the unusually long curtains in the kitchen.



LEFT AND ABOVE Architect Charl Groenewald maximised the views when he designed the house.

Maureen on her Arabian horse, El Sahra Cruiser.





#### Horses, hounds and Japie the sheep

Despite her busy lifestyle, Maureen rides her horses five mornings a week before starting her work day. "My horses are my sanity. It's an incredibly rewarding experience to have a bond with a horse." And don't think she relaxes on the other two mornings – that's when she jogs for several kilometres!

And then there's Japie, her sheep. "A few years ago I was en route from Bloemfontein to Colesberg when I came across a newborn lamb standing on the yellow line, trucks roaring past. I stopped and did not

hesitate before loading him into my car. His umbilical cord was still attached and he was extremely dehydrated," she explains.

Japie grew up with her dogs but once he'd started devouring her garden plants, she was forever rushing him to the vet. "And then they phoned me to say that Japie was bleating all the time..." In the end, she had a shelter built for him on a farm nearby, where she visits him every day. Japie even has a raincoat. "A blue one, so that people know he's a male."





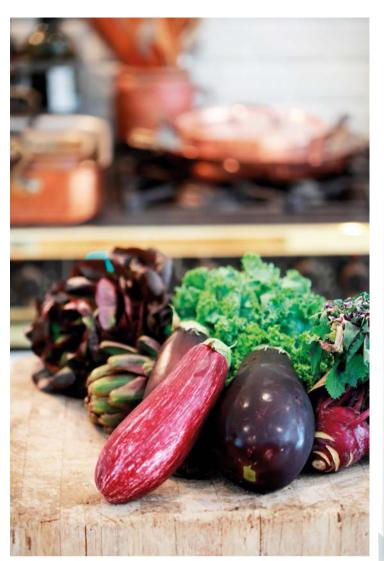








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## You'd be forgiven for thinking you're in Paris when you step through Colette's front door.

The antique linen she's collected over the years is testimony to her love of all things French – a love which took root somewhere between her Huguenot ancestors (the Marais family of the village Lourmarin) and her passion for collecting. However, the stately Stellenbosch home she shares with her daughter Karla (12) and their Afghan hound Yentl was not quite so elegant when Colette first saw it in 2003.

"The house dates from 1936 and the garden was completely overgrown, but I fell in love with the huge old oak trees and the bow windows. It took almost five years to finalise the plans and to do the renovations, which were completed in January 2009."

The house was originally built for a Danish preacher who came to do community work here during the Second World War. It has a story, and Colette likes stories. "I love doing research on old second-hand items – from my French monogrammed fabric to the old olive jars. I'll search far and wide for background information."

So it was wonderful when the son of that very same preacher came to visit one day. "He wanted to show his wife and friends where he grew up. He had so many interesting stories to tell, including one about the chicken coop which earned him some pocket money. And I was able to give him the old family letters I'd discovered in the attic." >>





#### Décor to share

Colette's flair for French décor comes naturally and she's collected her pieces over many years. Despite the picture-perfect rooms, she says nothing was really planned.

"I never go looking for anything specific. My style just evolves as I come across lovely things, and every item has found a place here. However, when doing the restoration, I kept in mind the proportions of the larger pieces of furniture, such as the dining room table, to make sure the rooms could accommodate them," Colette explains.

A profusion of fresh flowers, from white roses in old pewter bowls to olive branches from her garden in rustic tin buckets, adorn every room and sit beautifully among the antique chairs and French linen. The latter is seen throughout the house where it forms part of the gorgeous compositions that Colette creates: in an armoire, on the beds, under glass domes, on the kitchen island, in baskets... She's even used linen as upholstery and once sold some to a bride for her wedding dress! French linen has also been used on beds and as stoep curtains.

Colette's collectibles and pretty linen also end up in her French décor store L'Atelier Colette, which has its own story to tell.

"In 2009, I was at a *brocante* (a vintage market) in the French countryside. My daughter Karla suddenly disappeared and when I found her, there this little sixyear-old was, sitting nestled among piles of antique linen. It was such a powerful image that I realised then and there that it was something I wanted to share with others."

Today, L'Atelier Colette is a fully-fledged store (soon online at AtelierFrench.com) where she also sells décor accessories, ribbon and lace. "And no, I don't find it at all difficult to let go of my collectibles. I share them gladly because I know how difficult it was for me to lay my hands on original antique French monogrammed fabric all those years ago." >>

LEFT AND OPPOSITE The main bedroom has a seating area around the fireplace. The floor is still the original parquet from 1936 which was restored and then laid in a herringbone pattern. The marble fireplace was built after the original wooden fireplace caught alight one night and completely burnt out. The collectibles on the mantelpiece are mostly gifts from Karla.













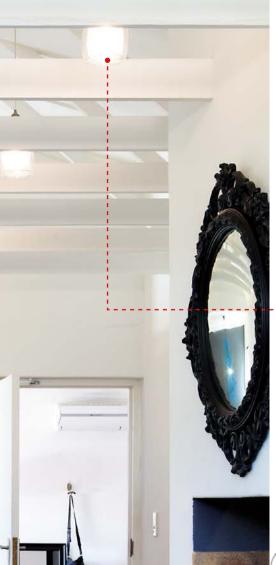
# Light up vour life

Layer your lighting and make the most of your home – whether relaxing, entertaining, cooking or working.

By Kim Bougaardt • Photographs Francois Oberholster,
Justin Patrick, Sean Calitz
Additional styling Simone Borcherding



#### lighting



#### 1 Open-plan living

Open-plan areas require a lighting approach that makes the most of the available space.

"To prevent an area from looking too busy or too stark, lighting should be varied and it should demarcate certain zones," says Gillian Goodwin of 89 Interior Design.

Create a lighting plan based on these essential lighting types:

#### Ambient lighting

This refers to the functional light in any given space; multiply a room's square meterage by 13.5 to give you the minimum number of watts required from incandescent bulbs. For CFL and LED light sources, use a factor of 2.5 and 1.5 respectively to calculate the equivalent base level.

In this lounge, ambient light is provided by downlights together with glass pendants fitted onto the sides of the exposed beams. Depending on the amount of natural light present, you could space downlights 1m from the walls and 2–3m apart. >>



transformer, while others do not. South Africa's power grid runs off 220-240V and a transformer is required to reduce the voltage fed to the lamp to 12V in order for the lamp to work. Conrad Wagener from Illumina shares the pros and cons of transformer units:

#### The pros

- A transformer provides a more accurate supply of power to the globe compared to non-transformer globe versions which run off 220V.
- Downlights with a transformer offer a longer service life than those without and, therefore, also cost you less in globe maintenance.

#### The con

• Initial price: they cost considerably more than those that do not need transformers.





· When hanging a chandelier in the

centre of a room, account for a 2m

lowest part of the chandelier.

walking clearance from the floor to the

above a dining table, make sure there's a minimum clearance of 75cm above the

• If hanging a chandelier or pendant

table to the lowest part of the light

the table to keep it in proportion.

a chandelier or pendant.

fixture. The diameter of a chandelier

should measure about half the width of

• Experts agree that it's better not to fit

downlights in the centre of a living room,

in case you decide to layer the space with

#### Task lighting

This is the second layer. An open-plan room requires that various activities be performed within that space; so whether you're dining, relaxing, watching television, entertaining or working, each area has its own lighting requirements.

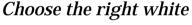
A single bulb lights up this corner of the living area. The extra-long chord is hung around the beam and the bulb sits high enough so that you can enjoy a good book or conversation.

#### **Decorative lighting**

Add drama to an open-plan living room with oversized pendants or chandeliers. The scale and colour of the light in this space results in it becoming the main feature, which means simpler lighting features and décor are required in the rest of the room. All lighting within an open living area should run on different switches so you



can control the various moods required.



The three main shades of white globes are warm white, cool white and daylight white (avoid mixing them in one room):

Warm white has a slight orange tint, closely imitating the colour of incandescent globes. It's the preferred choice when ambient light is required for relaxing, eating or sleeping. **Cool white** is similar to daylight and is generally used in task-orientated spaces. Daylight white is used in task-orientated spaces where you don't want to strain your eyes, such as the kitchen, bathroom, office or garden.



Expert tip

"Consider the height of the ceiling, the size of the room, the form and design of the chandelier, as well as the décor and furniture when choosing a chandelier," says Melissa Davidson from The Lighting Warehouse. Here is her rule of thumb: add the length and width of the room in metres, multiply by 100, and then divide this total by 12. This should provide you with an estimate diameter measurement in centimetres for a chandelier that will work in

your space.





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#### lighting



Most kitchens feature a central overhead light for general use, often in the form of a bright fluorescent tube light. Various layers of lighting will add warmth to the heart of your home, creating a sociable space and providing more than enough light for the multitude of tasks that happen here.

#### Focus on downlights

Fitting downlights in the ceiling creates focused pools of light with a warm glow. Track lighting systems are a good alternative and create an industrial effect.

#### **Buckets of fun**

The Pedersen & Lennard bucket pendants (R500 each) in this kitchen add a quirky touch and introduce colour, while also providing the perfect solution for focused task lighting above the island unit. The homeowners opted for splashes of yellow to brighten up this contemporary space and create a homely atmosphere.

Conrad Wagener from Illumina offers the following advice for calculating the number of light fittings you will need above the kitchen counter: "Multiply the square meterage of the countertop area by 25 to determine how many watts of incandescent light you will require. Then select pendants or fixtures that can be lamped accordingly."

As with chandeliers above tables, always remember to leave 75cm between the fixture base and the counter surface. >>

Conrad Wagener from
Illumina suggests running LED
strip lights under eye-level
cupboards for effective task lighting in
preparation areas. They're extremely
energy-efficient, easy-to-install and won't

preparation areas. They're extremely energy-efficient, easy-to-install and won't heat up like incandescent bulbs, so they don't pose a safety or fire hazard. They can also be built in at foot-level underneath the lip of new cupboards and right above the kick plates when refurbishing a kitchen.

Expert advice

"The three main types of downlight globes are Halogen, CFL and LEDs," says Melissa Davidson from The Lighting Warehouse. Here's what you need to know:

#### Halogen

- Made from high-grade glass that can tolerate high temperatures; it becomes too hot to touch.
- Only available in warm white.
- Dimmable with a standard dimmer.
- The 240V globe does not need a transformer.
- Uses 20% less energy compared to traditional incandescent bulbs.

#### **CFLs**

(Compact Fluorescent Lights, also known as energy-saving bulbs)

- Available in warm and cool white.
- Not dimmable.

- Saves as much as 80% energy and lasts for up to 6 000 hours.
- Takes a while to reach full brightness.

#### **LEDs**

#### (Light Emitting Diodes)

- Best energy-efficient bulb.
- Available in three white varieties: warm white, cool white and daylight white.
- LED globes are now dimmable, but you have to install a LED-compatible dimmer switch.
- LEDs save up to 90% energy and can also last for up to 30 000 hours.

**Good to know!** LEDs are fully recyclable, unlike halogens and CFLs.









Before

## Ooh la la!

Home's managing editor Dale Niehaus and her husband Ruan transformed their dated bedroom into an elegant boudoir.

By Simone Borcherding • Photographs Jan Ras



#### Ottoman update

The ottoman at the foot of the bed was originally the base of an old cupboard. "To this day, I'm still shattered that we gave the cupboard away. If only I'd realised its value back then," says Dale regretfully. But she certainly made the best of the situation by repainting the feet of the ottoman in Annie Sloan Original, sanding the edges, waxing them with Annie Sloan Clear Wax, and finally re-upholstering it in fabric from Hertex's Beguile Collection in the colour Linen.

Linen cushion covers from R244 each, Mungo Design; vintage crochet throw R999, Woolworths For use by vvvaleha@gmail.com only. Distribution prohibited.

**Paint the look** Annie Sloan Old White and Clear Wax on the chairs.

ale and Ruan have lived in their Kuils River, Cape Town home for the past 20 years and had become so used to their surroundings that they failed to notice how everything had become increasingly dated.

"One morning I woke up and realised I simply couldn't keep on sleeping on the same bed we'd inherited from my in-laws with the same hand-me-down bed linen I'd been given by a friend," Dale recalls. She started planning her new boudoir that very morning. All it took was a little imagination and plenty of elbow grease – and just look at it now!

#### Accent chairs

Two lonesome dining chairs found a home in Dale's new boudoir. They received a lick of Annie Sloan Old White before the edges were sanded and finished off with Annie Sloan Clear Wax. Dale covered the chairs in Corsica fabric from Biggie Best's Bastille Collection in the colour Linen Linen and added trim to the edges to disguise the staples.

"Glueing the trim was a task I found both challenging and tiresome as I've never worked with fabric glue before, but the end result was extremely satisfying. Now that the chairs have found a new home next to the chest of drawers, I hardly recognise them – they make such a statement!" says Dale.



#### Wardrobe makeover

Next up were the wardrobe doors. "My newfound love for painting furniture and transforming it into my own work of art meant I ended up doing most of the 'crafty' parts of the project," says Dale.

Half-round strips were cut into lengths and fastened with a nail gun – a process that took no more than two hours. The strips were first painted in

Annie Sloan Graphite then in Annie Sloan Original White, and finally sanded down for an antique effect. Adding new glass doorknobs from Builders created a touch of French glamour.

#### Curtain call

The 10-year-old curtains were still in good nick, they just needed a good clean and to be lengthened so that they hang to the ground. The couple completed the look by replacing the dated curtain rails with black steel rods and rings they had left over from a previous renovation. "Rounded off with two large crystal-like finials, they create just the look I had in mind," says Dale. >>



#### makeover



#### Elegantly embellished mirror

Next in line was the full-length mirror. Dale placed an online order for a selection of embellishments from bulbinella.co.za, which she stuck onto her existing plain mirror frame. "The embellishments change the look completely. You just feel like adding more and more!" laughs Dale.

The frame was painted in Annie Sloan Graphite, then Annie Sloan Original, and finally a mixture of Annie Sloan Old Ochre and Original. Once completely dry, Dale sanded all the edges and embellishments to let the undercoats shine through and give the whole piece a vintage look. "The best part was when I added the gold detailing with my artisan brush – that really made me feel like the Nigella Lawson of paint! I finished it off with Clear Wax and now I'm thoroughly satisfied with my latest 'masterpiece'," she says.

#### New look bedside tables

Dale and Ruan decided to replace their existing pedestals and traded them with *Home's* DIY contributor, Deon de Goede, in return for his help with the headboard (*right*). A Queen Anne-style pedestal and two-door oak cupboard now stand in their place.

Dale painted the Queen Anne-style pedestal in Annie Sloan Original, sanded it to reveal the original green colour underneath, and then finished it off with Annie Sloan Clear Wax. "With its new crystal knob, it now looks like a chateau heirloom straight from Napoleon's chambers," says Dale.

The oak cupboard was originally from Dale's family beach house and at some point served as a nappy cupboard for the couple's kids. "It was covered in layers of green, blue and white enamel paint, so we took it to Abe's Antiques & Paint Stripping in Strand where they completely stripped it – all we had to do was varnish it," Dale explains.

#### A whole new headboard

The main attraction in the bedroom is the French boudoir-inspired headboard. "Ruan is very handy and I dream big, but we both realised we wouldn't be able to cut the headboard ourselves. So I sourced a picture of a beautiful headboard on Pinterest and had it made up with Deon's help – he had the headboard cut with a CMC router," says Dale. She spruced it up with a layer of Annie Sloan Graphite followed by Annie Sloan Original, and then sanded the curved edges. At the last minute, Dale decided to paint a final coat of Annie Sloan French Linen to give the main section definition and to ground the whole look.



#### STOCKISTS

Abe's Antiques & Paint Stripping 021 853 7097
Annie Sloane anniesloansa.co.za Biggie Best 021 534 8662, biggiebestwebshop.co.za Builders 0860 284 533, builders.co.za Bulbinella 086 512 1144, bulbinella.co.za Hertex 0860 437 839, hertex.co.za Mungo Design 044 533 1395, mungo.co.za Woolworths 0860 022 002, woolworths.co.za



#### do*it*yourself

#### **QUICK PROJECT GUIDE**

Hard labour 4/10 Skill level 4/10

Time needed  $\pm$  2 hours Finished size 1 000 (L) x 420 (W) x 750mm (H)

Do it yourself for ± R1 080 (excluding paint): legs R480, wood R40, decorative mould R300, screws R10, marble slab R250

#### **Shopping list**

- 3 000mm piece of 22 x 96mm pine cut to:
  - two lengths of 850mm (long sides) two lengths of 270mm (short sides) eight blocks of 30mm (struts)
- 4 curved wooden legs of 750mm
- forty 6mm x 40mm chipboard screws
- wood glue
- Alcolin Acrylic Sealant
- decorative mould
- wood filler
- · paint of your choice

#### Tools

- cordless drill and 3mm drill bit
- pencil
- jigsaw
- paintbrush
- soft cloth

#### **Project notes**

- Ask your local granite stockist for a granite or marble offcut.
- Decorative moulds can be made of wood, resin or plaster; we used a resin mould from Paint & Decor (plaster is very brittle and breaks easily). They come in different sizes, but we used a hacksaw to cut this mould shorter to fit.
- We had the curved legs made by a carpenter; you can buy legs in different styles at most major hardware stores.

#### **CONTACT AND STOCKISTS**

Block & Chisel 021 691 0878, blockandchisel.co.za Deon de Goede 084 589 5026, deondmc@gmail.com Econo Granite 021 982 8606 Kalestone 021 510 4102 kalestone.co.za Paint & Decor 021 976 0114, paintdecordiy Woolworths 0860 022 002, woolworths.co.za

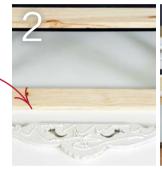
#### Get started







- **1** Glue and screw a 30mm block on each end of the two 850mm and two 270mm sides. Glue and screw the four sides to the legs to form the table frame. Fill any indents and holes with wood filler and let it dry thoroughly; sand lightly.
- **2** Attach the decorative mould to the front of the table with Alcolin Acrylic Sealant and allow to dry.











- **3** Paint the table in the colour of your choice; we used Annie Sloan paint in the colour Graphite. Wait for it to dry and then highlight the detail of the mould with a dry brush technique\* using Annie Sloan paint in the colour Paris Grey. Allow to dry thoroughly and buff with Annie Sloan Clear Wax and a soft cloth until smooth.
- \* **Dry brush technique** Dip only the tip of your paintbrush into the paint (it must literally just touch the paint) and lightly brush the almost dry brush over the mould detail as if you are 'dusting' it.

#### To finish

Squeeze Alcolin Acrylic Sealant over the entire top edge of the wooden table and place the marble top in position. Allow to dry. fi





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#### renovation



With just R19 500, a mother and son team turned an empty shell into a kitchen that's all heart.

## Brought to life

By Kim Bougaardt • Photographs Francois Oberholster

hen Melinda Brummer moved into her new home in Strand, she couldn't wait to get stuck into the kitchen. The previous owners had broken down a wall to create an open-plan kitchen and living area, and the existing space – then little more than an empty shell – presented just the kind of challenge that she loves.

Armed with a budget of almost R20 000, a knack for creating something out of nothing, and the help of her son Jean, Melinda set about designing and bringing to life a family kitchen *par excellence*.

#### The project

The look and feel was to be a combination of old and new with lots of texture, juxtaposing rough and smooth elements. Most of the pieces in the new kitchen have been made from repurposed wood or were bought second-hand and then lovingly restored by mother and son.

"With a little out-of-the-box thinking, research and sleuthing around shops for supplies and ideas, the kitchen came together beautifully and was finished in just six weeks," says Melinda.

The starting point was the floor; the concrete was painted with Trendy Floors from Fired Earth (available at Builders) in the colour Metro.

The Brummers then got a builder in for a day to build the new breakfast nook wall, which now separates the kitchen from the dining and lounge areas but still allows for comfortable open-plan living.

The granite countertop, bought secondhand from a business that closed down, softens the industrial feel of the brick wall, while the gorgeous laboratory-style washbasin matches the old taps Melinda found years ago in a shop in Kalk Bay.

#### **Cupboard love**

The biggest expense was the country-style cupboards. "Eugene Rossouw of Windswept Woodworks in Lady Grey built the cupboards from Supawood. Once installed, he left them raw and I set about painting them, using white water-based acrylic enamel mixed, little by little, with yellow ochre and raw umber pigment from Plascon. After that, I added pretty doorknobs from Apple Tool & Gas Co," says Melinda.

To lift the otherwise earthy tones of the kitchen, Melinda created a blue focal wall and introduced various other blue touches throughout the space. On the wall and around the small reclaimed yellowwood drawers, she used Plascon's Davey Wavey.

Melinda came up with another bright idea for behind the cooker: a photograph taken of a stone angel in their old garden was enlarged to create a striking splashback. She then treated the picture like a paint-by-numbers project and painted over the image to give it more depth. A piece of glass protects the image, making it both functional and decorative.

#### **CONTACT AND STOCKISTS**

Apple Tool & Gas Co 021 854 4485 Builders 0860 284 533, builders.co.za Eugene Rossouw (Windswept Woodworks) 082 875 5621



#### Costs

Plumbing	R2	000
Cupboards		000
Ouppoar us	11	000
Building		800
Paint for floor		300
Paint for cupboards		
and walls	1	000
Granite and		
wood pieces	2	000
Splashback		800
Doorknobs		500
Burglar bars		300
Blinds		800
TOTAL	R19	500

## Keep the entries coming!

Our 2015 *Fix it with Flair* competition is in full swing with exciting new entries pouring in. We're waiting for yours!





Now in its 7th year

You could win a share of R62 000 worth of prizes from Pennypinchers Timbercity!

#### TO ENTER

Visit fixit.dailyfix.co.za or submit your entry to competition@homemag.co.za with the word FIXIT in the subject line. If you have trouble entering, call Dale Niehaus on 021 408 1280 or email dniehaus@media24.co.za. Closing date for entries is 30 June 2015.

leter and Elmarie du Toit converted a dilapidated house on their farm Ryssel near De Aar in the Northern Cape into a cosy guest house. The building, which was last occupied in 1963, was used for many years as a storage place for everything from furniture and old magazines to worn out tyres. The roof was rotten, the plaster on the walls was falling off and there was no water or electricity. But the Du Toits saw its potential.

The couple took down the roof, chipped off all the plaster and then demolished several walls to create more space. Pieter's parents, Fred and Petro Botha, were very happy to lend a hand and between the four of them they renovated the entire house from top to bottom.

Elmarie says they only bought new beds and a fridge – the rest of the furniture was restored, piece by piece. "In the braai room we used old magazines, dating from as far back as 1929, as wallpaper. An old washing machine has become a coffee bar and an old refrigerator now serves as storage for glasses," she explains. 🍙



#### **IMPORTANT**

- Briefly explain what your project entailed and submit a budget breakdown.
- All projects entered should have been completed within the past three years and at least 60% of the work must have been done by the homeowner – this is a competition for people who don't mind getting their hands dirty!
- You can enter as many images as you like, but remember that they have to be high resolution (at least 2MB each).

Images used on this page are not automatically selected as finalists for the competition.



## Ask the experts

Looking for an affordable alternative to kitchen cabinetry, keen to revamp your facebrick or a DIY dilemma getting you down? You ask – and we'll find the answer.

Compiled by Beatrice Moore-Nöthnagel





Maserame Hlongwane of Johannesburg writes I recently renovated my kitchen and now I'm looking for an island unit for less than R10 000 – I'd be happy with a second-hand piece that I can paint or something similar to Diane van Rhyn's kitchen island featured on page 71 of your May 2014 issue. Any suggestions?



Home's creative editor, Marian van Wyk, replies It's very difficult to find cabinetry for less than R10 000, simply because of the craftsmanship necessary to create something similar to the

Van Rhyns' unit. Your most affordable option – and an extremely popular one among *Home* readers – is to buy a pine timber workbench from a hardware store. Builders (0860 284 533, **builders.co.za**) stocks the Swartland brand in the following sizes: 600 x 900mm (R1 600); 600mm x 1.2m (R1 650); 600mm x 1.5m (R1 900) and 600mm x 1.8m (R2 200).

You can paint it in a colour that complements your kitchen's palette, but I recommend that you don't paint the top. The grain of the wood will add beautiful texture to your kitchen, and you can simply sand it if it becomes too worn. Or you can embrace the wear and tear as character!

What's also great about these units is that you can customise them to suit your needs. Put yours on castors and it becomes a mobile butcher's block that you can wheel out to the patio or closer to the stove. You can also add baskets or colourful wooden boxes to store vegetables and kitchenware, and a chrome towel rail with butcher's hooks works like a charm for hanging utensils.



Every effort is made to answer all questions, but unfortunately we cannot answer every question personally. Home reserves the right to edit questions for publication.

#### A facebrick facelift

Penny Craig of Cape Town writes We recently moved into a church manse (my husband is a minister) and while it's a comfortable home, the double-volume living room is facebrick with very high pine ceilings, making it dark and depressing – especially in winter! The church has no money to plaster the walls, but I'm desperate to paint them a pale grey. How does one go about preparing the surface?

Sonica Bucksteg from Dulux replies Painting facebrick is actually a trend at the moment and it's not difficult to do! Here's how to create a flawless finish:

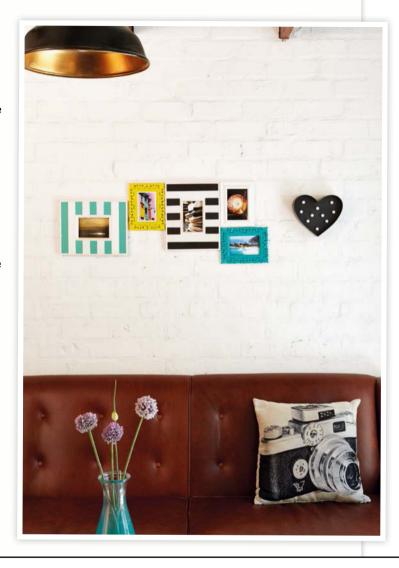


- 1 It's important to start with a clean canvas. Give your brickwork a good scrub with a scourer or stiff brush and use a vacuum to remove any loose bits of mortar or dust. Wipe down the face of the bricks with a damp, soapy cloth and allow your wall to dry for 12 hours.
- **2** If there are cracks in the bricks or cement joints, use a filler and follow the instructions on the packaging.
- **3** Next, apply a primer and undercoat suitable for brick using a roller with a medium to long pile (the

rougher the surface of the brick, the longer the pile you'll need). Use a brush to apply the primer inside all the joins that the roller can't reach. Give the primer plenty of time to dry before you start painting – check the drying instructions if you're unsure.

- **4** Choose a water-based acrylic paint intended for interior use and paint your brick wall as you would any interior wall, using the same roller you used to prime the surface. If the space you're painting connects with a wall in a different colour or the ceiling, you'll need to cut in around the edges and corners with a brush to create a professional looking finish.
- **5** Exposed brick is more porous than regular plaster walls, so you'll need at least two coats to get a uniform finish. Allow each layer to dry thoroughly before applying additional coats we recommend no more than four coats.

CONTACT dulux.co.za >>



#### **Weekend inspiration**

We used only one turned wooden table leg (cut into quarters) to make up this curvy French-inspired side table complete with recycled timber tabletop.





Make up the outer frame using glue and screws, then fix the legs (turned section facing inwards) within the frame. Using water-based and waterproof Alcolin Ultra Wood Glue ensures that the table can weather external elements.









#### Off with the paint

Petro Bloem of Fauresmith writes I live in an old house built from big granite blocks and bricks. The blocks were painted white and I want to remove the colour; I've used paint stripper, but it hasn't worked. Please help!



Heinrich Ehlers of Sansbury Renovations and Maintenance replies It will be extremely difficult to get paint off this surface. It has been there for a few years and penetrated all the little holes in the stones. I can

recommend Durastrip, which is sold in 5L tins at Pennypinchers for about R310. Apply it with a bath sponge and leave it for 10–15 minutes before scrubbing with clean water and a wire brush. Rinse off with a high-pressure sprayer. Repeat the process at least three times or until all the paint has been removed.

It will be a messy exercise, so be sure to put down plastic drop sheets and wear gloves and a raincoat – you'll get very wet! If you don't have a high-pressure sprayer, you can hire one for the day; but be careful as it can easily blast paint off walls and injure people or animals.

CONTACT sansbury.co.za

## Working with RhinoLite

Annelize de Klerk Cockcroft writes I'd like to know more about the RhinoLite that the Fix it with Flair winners used on their bathroom walls (page 32 of your February issue); what exactly did they do and which colour did they add?



Homeowner Christiaan
Labuschagne replies RhinoLite
is a skim plaster from SaintGobain Gyproc and can be
purchased at most hardware
stores such as Pennypinchers.
The oxide we used to tint ours is
also available at these stores: it

usually comes in red, yellow, black and brown. You can mix these colours to get different shades; we mixed yellow and brown (more yellow than brown). Combine this with the RhinoLite before adding water.

Work as precisely as possible when mixing the oxide and RhinoLite and don't mix too much at once because the RhinoLite hardens quickly – use a measuring cup. It's a slow process

to get the colour you want, so be patient.

Apply the mixture with a metal trowel – about 2–3mm thick on a rough surface. First apply the mixture on the wall and then use water to make it smooth; gently 'splash' the water on with a brush. If you've never plastered walls before, this job won't be easy! Most builders and plasterers should be able to work with RhinoLite.



# Quick questions

Q: I'd love a chair like the one on page 95 of your February 2015 issue; where can I get one in Cape Town?

- Carin Eygelaar, Bellville

A: Frantique (072 439 3933) in
Milnerton imports similar chairs or
you can buy something similar from
Block & Chisel (021 691 0878,
blockandchisel.co.za) and have it
upholstered in leather. Otherwise, try
Farriers (021 761 4767, farriers.co.za)
or Interior Concepts (021 886 5114,
interiorconcepts.co.za)

in Stellenbosch.





Q: Where can I buy the chandelier with the chain hanging from the ceiling on page 81 of your February 2015 issue? - Carla Rossouw. Cape Town A: Weylandts (0860 103 400, weylandts.co.za) stocks two similar designs, while The Lighting Warehouse (011 201 2600. lightingwarehouse.co.za) also has a similar pendant.



Q: Can I paint my modern – more plastic – fridge or is it just old traditional fridges like the one on page 96 of your December 2014 issue that can be painted? – Caro Human, Johannesburg

**A:** According to the experts at Annie Sloan paint, you can also paint modern fridges. First give it a quick wipe down to make sure any grease spots have been removed, then apply the paint in thin layers and allow it to dry completely. Finish with 2–3 layers of Annie Sloan Clear Wax to seal and protect the surface. Don't use harsh cleaning chemicals to clean it.



Q: Where can I get a 'curtain rail' like the one on page 29 of your February 2015 issue? Also, were the wooden bases hand-planed and where are the hooks from? - Linda Earl A: Yes, the base was handplaned and the hooks were bought at Extreme Castings (083 988 3423) in Potchefstroom. The hooks actually form part of a bigger fitting which is normally added to steel gates as decoration. Each one was cut in half and then the homeowner welded small steel balls to the end of each hook (where it had been cut in half). Then a screw had to be

welded to the back of the hook so

it could be fitted to the base.

Q: Where can I buy the bedside lamps on page 35 of your February 2015 issue? – Marie Leask, Sedgefield A: They are from Inge's Décor (018 468 7133, inges.co.za) in Klerksdorp and Parys, Free State.



### WIN!

TWO readers will win a limited edition pink
Makita cordless driver drill worth R1 499 each.

Lightweight and compact, the Makita drill with LED light is ideal for small jobs, especially in those hard-to-reach places. It comes in a carry case with a battery, charger and bit set. Makita will donate R100 of the price to the Cancer Association of South Africa (CANSA) for breast cancer screening and education. Call 011 878 2600 or visit **makita.co.za**.

To enter, SMS the keyword MAKITA followed by your name, email and postal address to 44284 before 31 May 2015 (each SMS costs R1.50). See our competition rules on page 128. ♠



# Décor dilemma

DIY décor team Germarie Bruwer and Margaux Tait help an expecting mom transform her guest room into a tranquil nursery.

Photographs supplied

Email your queries to



#### The challenge

Rozitta de Villiers of Cape Town writes I'm expecting twin boys and I'd like to turn our spare bedroom into a nursery, but we're concerned that it won't work because of a hand-painted mural that already exists on one of the walls. We don't want to paint over it; any clever ideas?

The solution Germarie and Margaux reply It would be a great pity to paint over such a beautiful wall! We suggest teaming this tranquil scene with a simple black, grey and white palette so you keep the focus on the wall without compromising on a nursery theme. A few pops of colour with bright accessories will add a playful touch. Here's how:



#### 1 A soft touch

Keep the bed linen plain and make sure it has a high thread count - the better the quality, the longer it will last. A pale grey throw and matching charcoal blanket will finish off the look.



#### 2 Sheer luck

Soften the hard lines of the Venetian blind with a soft voile curtain on a plain wooden pole. Voile is easy to wash, dries quickly and will diffuse harsh light in combination with the blinds. Be sure to install a hook at least 1.5m above the ground so you can keep any cords out of harm's way.



#### ${\color{red}3}$ On the light side

A dimmer switch is essential in a nursery so you can turn on a light without startling the babies. A night-light is also great for feeding times and naps. A string of fairy lights works well; not only are they pretty to look at but they also provide a comforting glow for the little ones. Be sure to purchase LED lights to minimise any potential fire hazard.



#### Shelf life

A floating shelf is a clever way to utilise wall space. Use it for a night-light, books and toys or to display art. Install a few hooks underneath so you can hang essentials.



#### 😉 Rock-a-bye baby...

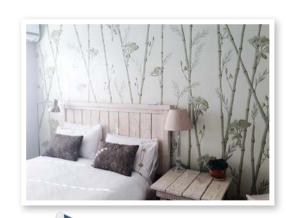
A rocking chair is a great addition to a nursery - at feeding times and also when baby needs to be rocked to sleep. If you prefer to feed on the bed, it provides a comfy seat so dad can keep you company.



#### **6** A pop of colour

Use bright accessories to introduce colour into the room. A nursery should be able to 'grow' with your child; choose items such as wall art with care so you don't have to replace it in a couple of years when you move from tranquil nursery to playful toddler room. Colourful fabric bags or baskets are great for storing baby items as well as toddler toys later on.

CONTACT homeology.co.za





Whale

time scatter R79.99.

Mr Price Home

Knitted throw (100% cotton) R99.99, Mr Price Home

> Microfibre dot blanket (70 x 110cm) R129.99, Mr Price Home





# Animal antics

A happy Mother's Day from the furry family.

Compiled by Beatrice Moore-Nöthnagel (and her Beagle, Frodo)

Email your queries to Beatrice at

pets@homemag.co.za



#### Ol' blue eyes

Isabella works her magic!

– Samantha Joubert, Johannesburg



#### Pretty as a flower

Mario strikes the perfect pose among the everlasting flowers. – *Lika van Jaarsveld, Villiersdorp* 

#### Heaven scent

Toffee, the new addition to our family, investigates the roses after our morning stroll. – *Magda Swart, Eloff* 





#### In the zone

KitKat loves a good cat nap. – Mariëtte de Beer, Melkbosstrand



#### Roses are red...

Milo shows his appreciation.

– Karina Smith, Bellville

### Let's go shopping!

#### Top nosh

Deluxe natural pet food range Weruva (available at selected vet shops and nuzzle.co.za from R29 for a 156g tin and R49 for a 400g tin) is now in SA. Created by New York City pet lovers David and Stacie Forman, it's made predominantly from meat and in a human food facility, using the same ingredients and processes used for products made for people. Go to weruva.co.za.





#### Best medicine

Available in chicken and hickory ham flavours, all natural Greenies Pill Pockets (from R155, shingavet.co.za) conceal pills, ensuring

that your dogs take their medication – and with fewer calories and less fat and sodium, they offer a healthier alternative to using human food as a treat.



#### Give a dog a bone

Spoil Fido with a pink chew toy from Treasury (R69, spree.co.za/tuishome).

#### Enter your pic and WIN!

Each pet owner whose pic is featured here wins a Kitty Castle for cats or a Large Interior Futon for dogs from Wag World (**wagworld.co.za**). Available from leading vet and pet shops, the Kitty Castle provides a perfect perch for perusing the kingdom and a cosy spot to nap, with removable pillows inside

and on top boasting cool poly-cotton on one side and faux fur on the other. The designs of the Interior Futons will complement your décor, while offering your pooch the best support for a comfy sleep. Send your pics and full contact details to **pets@homemag.co.za** and your pet might be a winner too!

See competition rules on page 128.



# Q&A

#### **Facts on FIV**

Tessa Bekker writes What is feline Aids and how can I prevent my cat from getting it?

The South African Veterinary Association, replies Feline Immunodeficiency Virus (FIV) is a viral disease that causes suppression of the immune system, which may limit a cat's ability to protect itself against secondary infections caused by common bacteria, other viruses, protozoa and fungi. FIV infection occurs worldwide, with prevalence varying by location.

FIV is contagious and spreads from cat to cat, typically through biting and fighting, making intact, aggressive male cats that spend time outdoors more susceptible to the disease. The supply of FIV vaccines in SA is erratic – your vet should be able to find out from their supplier if it's available.

**Symptoms** Early signs of infection are often subtle and include decreased appetite, grooming and energy. But as the infection becomes more advanced, you may see a marked loss of appetite, weight loss, weakness, pale gums, mouth sores, diarrhoea, enlarged lymph nodes and abscesses.

Cats often show no sign of infection, so it's important to ask your vet about FIV testing as part of your cat's annual clinical examination. Testing identifies cats that must be kept isolated from other cats in order to curb the spread of the infection. There are tests that can be performed at your vet's clinic with results in minutes.

**Treatment** There is no cure for FIV. If you have a cat that tests positive, treat the secondary health concerns and allow your cat's immune system to fight the FIV. Some cats will then be discharged and sent home. Thereafter, you should visit your vet twice a year to track your cat's progress, make sure your cat is getting the proper nutrition and keep your cat indoors and isolated from other cats in the household to reduce the chance of a secondary illness.

Spaying or neutering your cat will also reduce the tendency for your cat to fight and/or mate, thereby decreasing their ability to spread the virus.

CONTACT sava.co.za

# Stash it or trash it?

Not sure whether holding on to that sentimental item will make cents or not? Send us a photo and we'll do the homework.

Compiled by Beatrice Moore-Nöthnagel

On a platter

Maggie Visser of Bloemfontein writes My mother gave me two meat platters (medium and large) 16 years ago. The large one has small cracks and the smaller one has a few stains. In addition to the name on the back, there are also handwritten numbers and three impressed stamps. Are they valuable?

Shona Robie of Stephan Welz & Co's ceramic department replies The earthenware platters, transfer-printed with the Morocco Border pattern, were produced by Booths of Church Bank Pottery in Tunstall, Stoke-on-Trent. The Church Bank Works was built in 1842 and after it had changed hands numerous times, the factory became known as Booths in 1891. It closed in 1948.

Not only are the platters printed with the factory mark and painted pattern number, but each body is impressed with a date stamp. Based on this, I can confidently state that they were manufactured in November 1936. Platters such as these formed part of a dinner service and, unfortunately, their current condition dramatically counts against their value.

**CIRCA** 1936 **VALUE** R500–R700



#### Time will tell

Kirstin Eggers of Ballito writes

We inherited this clock from my husband's grandparents; can you give us any information on its origin and worth?

Anton Welz, director at Stephan Welz and Co, replies

This is a Dutch clock made by the Warmink factory in Almelo in the Netherlands; the factory closed in 1990 after 75 years in business.

There are many similar clocks available, so it doesn't have a rarity value – although there will be interest if it's in good working condition.

CIRCA mid 20<sup>th</sup> century VALUE R2 000–R3 000 ♠

#### A charming cameo

Inge Ferreira of Grahamstown writes

I bought this cameo belt buckle for next to nothing at an auction; how much is it actually worth?

→ Jennifer Schultz of Stephan Welz and Co's jewellery department replies

Most people will recognise cameos for the dramatic effect of an image in relief against a

background of contrasting colour. For millennia, artists

have used this technique in an enormous range of materials – from Ancient Roman hard stone charms to Wedgwood jasper ware. The vast majority of cameos I encounter are carved from shell – a less expensive option than hard stone.

Incolay is a branded product that's been manufactured in the US since the late 1960s. The name is derived from "in-colour-lay beauty" and it's a patented process that uses quartz-based materials bonded together with resins that are moulded, not carved. The popularity of cameos in general has waned and prices have dropped in recent years.

CIRCA 1960s VALUE Less than R500

CONTACT Stephan Welz & Co swelco.co.za

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hat do people really want from their beds? The answer is simple: an uninterrupted night's sleep on a comfortable, durable mattress. Established in 1919 in the United Kingdom, Slumberland's studies into the science of sleep have resulted in a superior bed that is both luxurious and strong, providing a great night's rest.

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NINE lucky readers will each win a queen-size bed set from Slumberland worth R4 999!

#### **HOW TO ENTER**

• SMS the keyword SLUMBERLAND followed by your name, email and postal address to 44284 (each SMS costs R1.50); see competition rules on page 128.

**CLOSING DATE 31 May 2015** 



# Just ask JJ

Horticulturist JJ van Rensburg of Garden World in Johannesburg advises on root problems and an unusual plant.



#### Taking care

Tersia van Heerden of Boksburg writes My mother received an elephant's trunk plant (halfmens in Afrikaans) as a gift but we can't find any information about it on the internet; any advice on how to care for it?

JJ replies The genus under which this plant falls is Pachypodium. It likes full sun, well-drained soil and little water. In a chilly area like Boksburg, you'll have to protect it from the winter cold with a frost cover. These plants also do well in pots.



#### Preserve your white stinkwood

Marieta Loubser of Pretoria writes I have a 20-year-old white stinkwood tree that's lifting the paving in front of my garage. Would it be okay to chop off the thick lateral roots (I think they're side roots) so I can fix the paving?

> JJ replies The white stinkwood (*Celtis africana*) has an adventitious root system that can damage paving if the anchor roots are growing in that direction. You'll have to dig up the area by the paving, check which root is the culprit and decide whether it's a good idea to chop it off. The problem is that if it is one of the main anchor roots, the tree could easily topple over in the opposite direction – so don't just chop for the sake of it! I would rather do everything in my power to preserve this special tree; my advice is to fix the paving every few years instead.

#### The root of the problem

Madeleine van der Merwe of Beaufort West writes

For the past few years I've been living in a retirement home with a small garden and I'm struggling with some of the fruit trees and shrubs. Their leaves are wilting, curling up and turning yellow – and the stems are dying. I've mulched the beds with bark chips, I water once a week, regularly apply Bounce Back and I've tried several sprays – all without success. Could it be a fungus and would it help to use Funginex as a wetting agent?

JJ replies Well done on the mulch! However, I think a once-a-week watering during summer is simply not enough – you need to double that if possible. Alternate the Bounce Back with 3:1:5 – this will give your plants a more balanced diet.

Root rot could be the problem; it's caused by a fungus and can be controlled with a fungicide such as Odeon or Bravo. As for the Funginex: it is actually a systemic fungicide used for a leaf fungus and I suspect your plants have a root fungus. A wetting agent is a sticker that's mixed with insecticides, fungicides or herbicides to ensure that they adhere better and thus work more effectively. I recommend Sprayfilm 10 for this purpose.  $\footnotemark$ 

One lucky reader will win a romantic Boland getaway for two worth R42 680!

ocated in the gourmet capital of South Africa, Le Franschhoek Hotel and Spa has become one of the ultimate getaways in its class. Capturing the essence of luxury, the impeccably appointed Le Franschhoek offers unparalleled views of the Franschhoek Mountains and is the perfect setting for a taste of the legendary Cape wine routes.

Situated on the site of one of Franschhoek's original country retreats, Le Franschhoek retains its elusive charm with a contemporary Cape Dutch feel; and with two on-site restaurants as well as a full-service bar and lounge for those wanting to unwind, Le Franschhoek offers all one would expect from this culinary destination.

And that's not all! The on-site spa will also cater to your every need, offering you the ultimate in relaxation.

Find them on facebook or visit **lefranschhoekhotel.co.za**.

#### THE PRIZE

ONE lucky reader will win a three-night stay for two in a Luxury Villa worth R42 680, including all meals; a complimentary mini bar (limited to R600); two Day Spa packages including a hot stone massage, a Swedish massage and a floatation therapy voucher; a full-day wine tour including a light lunch; as well as airport transfer to and from the hotel (**please note** that all other travel arrangements are not included).





#### **HOW TO ENTER**

• SMS the keyword FRANSCHHOEK followed by your name, email and postal address to 44284 (each SMS costs R1.50); see competition rules on page 128.

#### **CLOSING DATE**

31 May 2015







#### crossword #77 Compiled by Gerda Engelbrecht

Honey- maker	7	Stomach (slang)	7	Just	7	Affirma- tive answer	-		<b>T</b>	Side dishes Shiraz, eg	Cathedral in Paris (5,4)			3.01		
<b>-</b>							Platter	Bristle	-	<b>Y</b>	V	Mb.				
Asylum seeker		Com- petent		Life force		Viral disease (short)	- 1									aklootwijk
Low tide	Bulbous red vegetable	V	Room in a prison	<b>-</b>				Little insect	-							Photo Michaklootwijk
<b>-</b>			Circu- lating		Type of energy	Poisonous snake	<b>A</b>					Power	V	Sculptor, eg Either	7	ľ
Impish Touch			٧		Y	Appear		Energy source		Burning		And not By way of	-	<b>Y</b>		
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Aisan flower (5,4)	-			V		V		V		Not a lot Besides	>7		V	Click this button on Facebook		
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1	N		9	For what reason	-		1	Refers to the speaker Yes	-		She has (con-traction)	-				

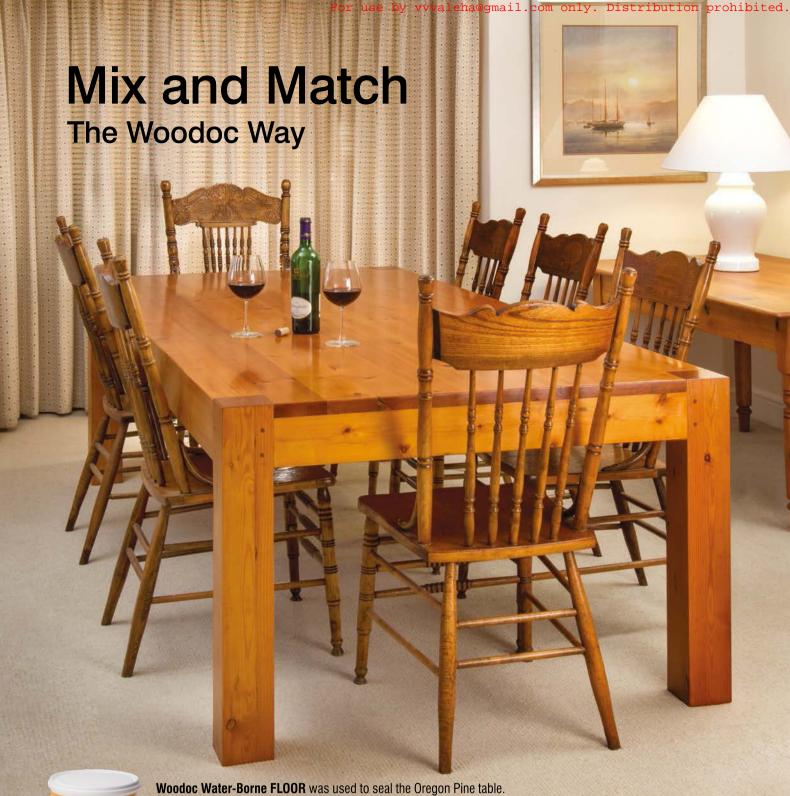
#### WIN a Penguin Random House South Africa hamper worth R1 500!

This fantastic hamper has something for everyone in the family! For mom there's *A Slim Green Silence* by Beverly Rycroft, *What About Meera* by ZP Dala, *Disclaimer* by Renée Knight and *If I Fall If I Die* by Michael Christie. Dad will enjoy *The Greatest Springbok Teams – Past to Present* by Adam Hathaway

and *Empire, War & Cricket in South Africa* by Dean Allen. For the kids, there's Lynn Bedford Hall and Jane Heinrichs' Mattie's Magical Animal Dreamworld series *Up, Up and Away!* and *The Castle of Cupcakes.* Go to **penguinbooks.co.za**; **randomstruik.co.za**.

The reader who sends in the first correctly completed crossword drawn will win this Penguin Random House South Africa hamper; see our competition rules on page 128.

Send the completed crossword and your details to: H	Home Crossword #77, PO Box 1802,	Cape Town 8000 to reach us by	y 31 May 2015.
Name	Address		
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**Woodoc Water-Borne FLOOR** was used to seal the Oregon Pine table. A modern sealer for a modern application that is heat-, cold-, water- and alcohol-resistant. Non-yellowing and has minimal impact on wood colour. Being suitable for floor application, Woodoc Water-Borne FLOOR provides extra durability for tables used without a table cloth. A finish that complements any table setting.

Look for the Tangerine can.

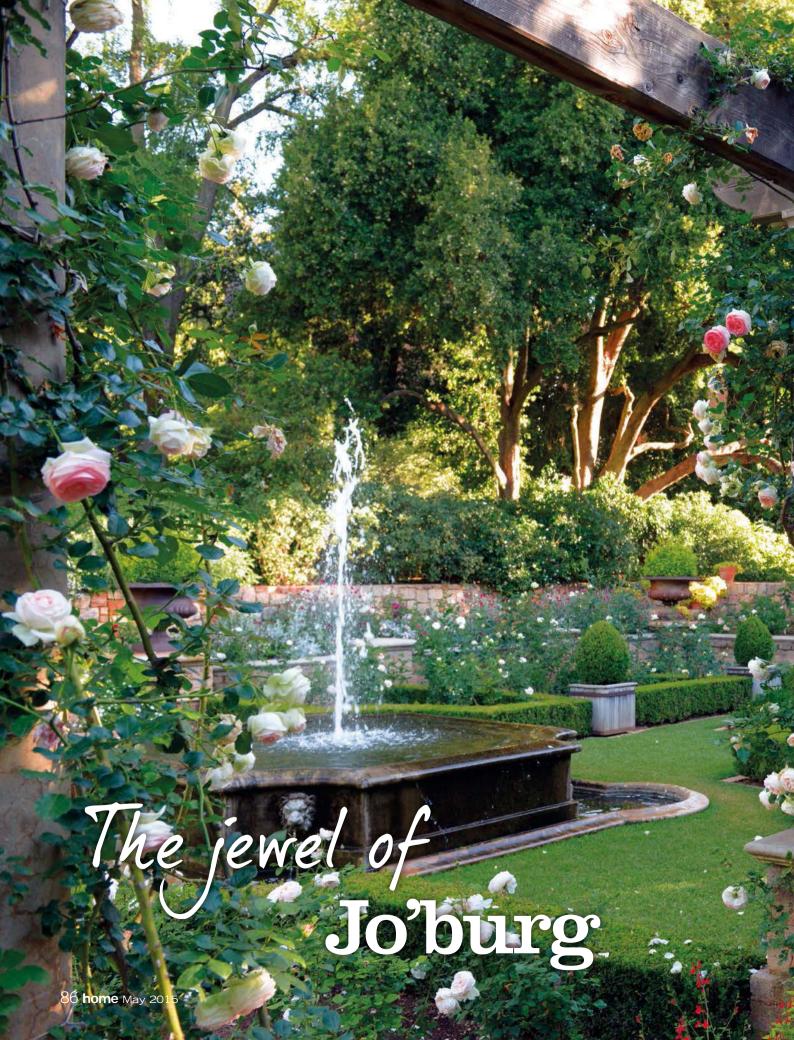


The traditional High-Back chairs were sealed with **Woodoc 10 Velvet Polywax Sealer**. The classic Woodoc Indoor Sealer that gives furniture a warm lustrous look, whilst protecting against alcohol- and water staining as well as heat- and cold marking. The finish feels so good.

Look for the Green tin.



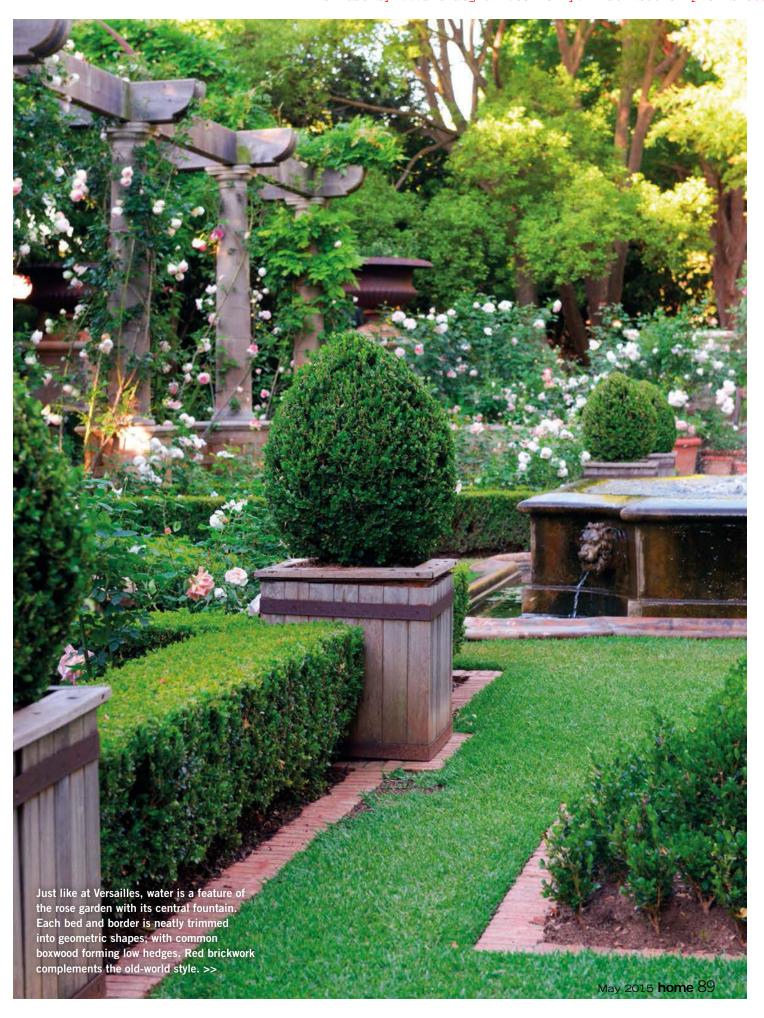




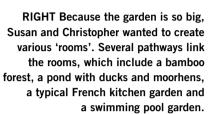




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#### readergarden















ABOVE LEFT Secluded benches are placed throughout the garden, such as this one in the cottage garden. But Susan's favourite spot is under the old jacaranda tree where she loves to sit with Chris and look out over the pond with its *waterblommetjies* and water lilies. "It's very relaxing," says Susan.

FAR LEFT Angelonia angustifolia 'Purple' in bloom.

LEFT The statue of a woman by Anton Momberg was placed so she appears to be strolling along the walkway, enjoying the roses and wisteria.





#### **OUR BRANCHES**

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#### French kitchen garden

Susan is one of Johannesburg's darlings on the cookery school scene. Those who've attended one of her classes will attest to leaving with heaps of inspiration – determined to start their own vegetable garden at home. At Beechwood, Susan harvests fresh produce for her classes from a beautiful "potager" (a French kitchen garden) that Christopher designed especially for his wife, right next to the cookery school.

The sunken formal symmetrical garden has steps leading to different sections, each planted up with seasonal vegetables. The raised beds are all built from raw brick, about half a metre high.

"Raised beds have many advantages," says Christopher. "They're neat, they add to the formal aesthetic, there are fewer snails and the cold in winter doesn't affect the vegetables and herbs as badly.

"The opposite is true of the pathways in the garden. Here, we have plants such as nasturtiums, lavender, gaura, wild garlic and cornflowers growing wild in contrast to the stark symmetry of the beds. They attract bees and birds, which are vital for our garden as we don't use pesticides at all."

Different-sized terracotta pots house topiary *Buxus*, as well as *Escallonia* and *Westringia*. A number of fruit trees such as figs and lemon 'Eureka' are grown in large pots, while grapevines and granadillas scramble over the pergolas.

#### Vegetables and herbs for winter

In May, the Greigs' kitchen garden is planted up with:

- French lavender (Lavandula dentata 'Grey')
- Lemon verbena
- Celeriac
- 'Striped German' tomato
- 'Black Krim' tomato
- Nasturtium 'Buttercream'
- Cicoria selvatica
- Tulbaghia violacea
- Centaurea cyanus 'Blue Boy'
- Blue Boy
- Pennyroyal
- Russian sage
- Tansy (Tanacetum vulgare)
- Mentha spicata 'English Lamb'
- 'Victoria' rhubarb
- Dill
- Coriander
- Cauliflower

- Climbing French beans
- Globe artichoke
- Spinach
- Sage
- 'White' perennial basil and 'Columnar' basil
- 'Speckles' and 'French Four Seasons' butterhead lettuce
- Beetroot
- Rosemary
- 'White Vienna' and 'Red Vienna' kohlrabi
- Carrots
- Oak-leaf lettuce



Additional source *Gardens to Inspire* by Keith Kirsten (Random House Struik, 2013)

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t all began with cuttings that Ingrid de Waal took from a lavender bush she had growing next to her house. Well, to be precise, there were three rows of lavender.

Now, 10 years on, her lavender field on the farm Canettevallei outside Stellenbosch is a sea of purple from May to October. These plants are used to make essential oil and honey, and Ingrid also sells fresh and dried flowers.

"I adore lavender," she says. "I wanted to offer tourists something other than the wine we produce. And ever since I worked as a public relations officer at a champagne house in France, these flowers have been my passion."

When Ingrid planted her first lavender bushes 10 years ago, her plan was to make lavender essential oil. But the lavender shrub used for essential oil only blooms six weeks of the year.

"I thought I was going to have purple lavender fields for months on end but soon realised I would have to plant a different kind of lavender – because how could we market the farm as a wine estate *and* a lavender farm and then have people arriving and there's nothing? That's when I started to take cuttings. Now I have 2.5 hectares filled with lavender."

#### Ingrid's favourites

"There are many types of lavender from which to choose," says Ingrid. "It depends on what effect you want."
Her favourite is *Lavandula* X *intermedia* 'Margaret Roberts'.
"It makes a beautiful hedge and also softens the edges of pathways. It bears big flowers and its leafless stems are long and strong. It's a gorgeous cut flower and blooms almost all year round," she explains.

Lavandula dentata 'Royal Crown' is also a good cut flower. This variety flowers for about eight months of the year. "It doesn't grow as tall as the 'Margaret Roberts', but it's a deeper purple and bears a compact flower perfect for a bouquet – a real show-off!"

Lavandula stoechas also provides a good display in spring, but only for about two months. It's a smaller plant and is therefore suitable for more compact gardens. This plant is also easy to keep tidy.

#### From Pella to France

Ingrid grew up in Pella in the Northern Cape – and, as she says, "I was only accustomed to plains and desert!"

She studied French at Stellenbosch University and one day saw an advert by French champagne house Veuve Clicquot looking for a young Dutch-speaking woman as a public relations officer. Deciding that Afrikaans was close enough, Ingrid applied and got the position. This experience sparked her interest in the world of wine.

Ingrid then completed a wine course at the Cape Wine Academy where she met her husband, Daniël. They have three children – Regina (15), Anaïs (13) and Isabella (10).

RIGHT Ingrid has two permanent employees who work with her, but in season and for weddings she calls in the help of other women on the farm. And, she says, they prefer working in the lavender field to working in the vineyards!

#### How Ingrid uses lavender

Insomnia Fill a cotton sachet with dried lavender and place it between your pillow and pillowcase. It has a soothing effect and will help you sleep better! And a soft toy stuffed with lavender will help calm restless babies.

**Fleas** Sprinkle lavender generously in your dog's kennel. Fleas hate lavender.

Fish moths This really works! "Ever since I started farming, I've been placing sachets of lavender in my cupboards and I no longer have fish moths," says Ingrid. "Sprinkle dried lavender or lavender stalks in cupboards and drawers. Every time you rub the dry

lavender between your fingers it releases oils and is effective once again. As a bonus, it makes your cupboards smell clean and fresh. Remember to replace it every month."

**Culinary uses** Lavender is part of the rosemary family and is not only delicious in baked goods such as scones, shortbread and fudge, but also enhances meat dishes. Use it sparingly, especially the oily types.

**Tip** Put a sprig of dried lavender in your castor sugar for a month so it's already flavoured for home baking. And immerse a sprig of fresh or dried lavender in honey to give it a subtle flavour.



#### gardens

Daniël and I are both crazy about Provence and the Tuscan countryside, as well as its lifestyle. The lavender and cypresses we planted near the tasting room are a wonderful reminder of this.

- Ingrid





### Lavender in the home

- If you pick lavender for the vase, immerse the stems in water immediately and keep them out of the sun.
- Replace the water every day; clean water will ensure that your flowers look good for more than a week. Never immerse the fresh flowers in water, they'll turn brown and won't recover.
- Flowers that have died back can be dried. Cut off the dark parts of the stems and hang them upside-down in a well-ventilated area, out of the sun, to dry. Direct sunlight will fade the flowers.

CONTACT Ingrid de Waal 021 881 3026, 082 829 7509, canettevalleilavender.co.za Source The Lavender Book by Margaret Roberts

#### Growing tips

Lavender is actually an easy plant to grow that will reward you with colour and fragrance with minimal effort. Follow these tips:

- Lavender prefers drier conditions and will thrive in most parts of the country.
- Plant lavender in full sun. It likes well-drained, sandy soil.
- Lavender thrives with compost and lime. Before you plant, make a 50/50 compost and lime mixture and work this into the soil; lime is available from your local co-op.
- Protect young plants from frost during their first winter – cover with frost covers or bring the young potted lavender indoors or under shelter.
- Lavender is waterwise; it doesn't require water more than three times a week. Water the root zone but don't overdo it this plant doesn't like wet feet.
- Don't cut back too hard and only trim after it has flowered. If you cut back too hard on the old wood, its growth will be hampered and the shrub will probably not recover. Prune only about a quarter or even less of the shrub back. If the shrub is still young, you can cut back more of the plant to encourage compact growth.
- Because lavender flowers on new growth, you need to trim the whole shrub and not just here and there. Flowers formed on old growth will have shorter stems and will be smaller.
- Prune Lavandula X intermedia
  'Margaret Roberts' and Lavandula
  dentata 'Royal Crown' three to four
  times a year, as they bear flowers
  virtually all year round. Do so shortly
  after the flowering period to
  encourage the plant to produce
  flowers again. Cut back L. stoechas
  after it has flowered in spring.
  Add compost to the soil around the
  shrubs after you've pruned.
- Replace lavender shrubs as they mature usually after four to five years. 🏗

# plants of the month



# Colour and contrast

Combine flowers and foliage to add impact to your garden.

By Marié Esterhuyse • Photographs Francois Oberholster and Kosie Jansen van Rensburg

## Purple Japanese barberry

Berberis thunbergii 'Atropurpurea' is a thorny shrub with dark purple leaves that will provide year-round colour and contrast in your garden. But it is in autumn when its leaves change colour that this shrub is at its most beautiful.

Purple Japanese barberry grows about 1–1.5m high and works well as a low hedge or focal plant. Although the plant is deciduous, it quickly re-sprouts with dark purple foliage shortly after the leaves have dropped.

Cut back older growth in winter and trim the whole shrub if you prefer a smaller bush. This plant likes very cold winters, but will still display beautiful autumn colours in more moderate climates. It doesn't do well in humid regions such as the KwaZulu-Natal coast or areas that are too dry. There are many *Berberis* varieties available, all with beautiful coloured foliage.

In autumn, purple
Japanese barberry
puts on a glorious
display as its dark
purple foliage changes
to a rich orange-red.

#### Plant guide

Common name
Japanese barberry
Botanical name
Berberis thunbergii
'Atropurpurea'

- ✓ Full sun to semi-shade
- ✓ Average water needs
- ✓ Frost resistant
- ✓ Wind resistant





#### Red-hot poker

Red-hot pokers (Kniphofia spp.), with their interesting bright orange, yellow, cream and even lime-green or yellow-green flowers, are just what you need for colour in the drab winter months ahead. Most Kniphofias prefer moist conditions and occur naturally near rivers and wetlands.

The well-known garden red-hot poker (Kniphofia praecox), Cape red-hot poker (K. uvaria), Kniphofia hybrid 'Yellow Cheer' and common marsh red-hot poker (K. linearifolia) thrive in moist soil that drains well.

Combine red-hot pokers with indigenous restios such as vlei thatching reed (Chondropetalum tectorum) or horse-tail elegia (Elegia capensis) for interesting colour and texture.

Two smaller varieties, K. citrina with yellow-green flowers and K. pauciflora with delicate butter-yellow flowers, look gorgeous with indigenous grasses such as thicket grass (Miscanthus capensis), gongoni grass (Aristida junciformis) and heartseed lovegrass (Eragrostis capensis). Group three to five Kniphofias together, but remember to plant the larger varieties at the back of the bed.

Keep red-hot pokers well-watered in the growing season if you want them to produce an abundance of flowers. There are summer-flowering and winter-flowering red-hot pokers; make sure the one you buy flowers in the season of your choice. fi

Sources The South African What Flower is That? by Kristo Pienaar, Gardening with Keith Kirsten by Keith Kirsten, My Favourite Plants by Una van der Spuy, Reader's Digest A South African Garden for All Seasons with chief contributor Jennifer Godbold-Simpson, plantzafrica.com



# Garden diary

Celebrate World Biodiversity Day and make Mother's Day special with the perfect rose.

Compiled by Tessa Jean-Jacques • Photographs: Francois Oberholster and supplied • Send garden info to gardens@homemag.co.za.

#### Tip of the month

Mulch to conserve moisture in soil in the summer rainfall regions and make sure plants are securely staked in winter rainfall regions in preparation for storms.



# Tasks for May

By Kay Montgomery

#### Mother's Day

Perfumed roses are perfect for a Mother's Day gift. 'Perfume Passion' is a hybrid tea rose with pink petals on a white base and a rich scent suitable for a border or container; 'Garden Queen' has huge, fragrant deep pink-violet blooms and 'Sharifa Asma', named after an Omani

princess, is a lovely English rose with a delightful fruity fragrance.

And why not surprise your beloved grandmother with a gift of pink 'My Granny', deep pink 'Granny's Delight' with its rosette-shaped blooms or cream-apricot 'Granny Dearest'.

# **2** Grow plants for a purpose

The Fascination of Plants Day (18 May) and World Biodiversity Day (22 May) are all about the importance of plants in conservation. Show your support and grow trees, shrubs and flowers in a variety of colours, shapes and scents to produce pollen, nectar, seeds and fruit which will attract pollinators such as birds and bees. The more diverse we make our gardens, the healthier their ecosystem will be.

#### **Z** Maintenance

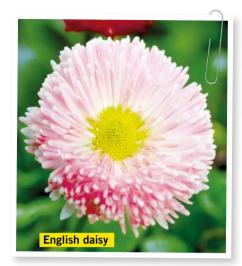
Climbers that grow on overhead supports can become very heavy. Check supports and timbers on gazebos, pergolas, arches and carports and replace or repair where necessary.

In the rest of the garden, check wooden sleeper steps and garden benches and replace any rotting or broken timber.

Use a wire brush to clean rusted steel and cast iron benches, and then paint with a primer before applying an outdoor finishing coat.

Remove fallen leaves around seedlings and succulents as they block light and air, and can cause rot. Gather up leaves on lawns and spread them around large shrubs, or add to the compost heap. Clear fallen leaves from pathways, steps and paving, particularly in shade where they can become mossy and slippery; scrub the moss with a wire brush to remove it.





#### KEarly colour

Seedlings of winter- and spring-flowering annuals should be planted as soon as possible for early colour. Prepare beds by digging in generous amounts of compost and a dressing of superphosphate.

Plant green, white, lavender and purple-leafed ornamental kale in patio pots, on gentle slopes and grouped in beds in a sunny aspect and rich soil. The English daisy (*Bellis perennis*) with pink and white pom-pom flowers, cineraria, viola and dainty primula are pretty in dappled shade, while pansy, Iceland poppy, larkspur and scented stocks need sun. Feed plants with a liquid fertiliser such as Nitrosol, Seagro or Supranure once a fortnight.

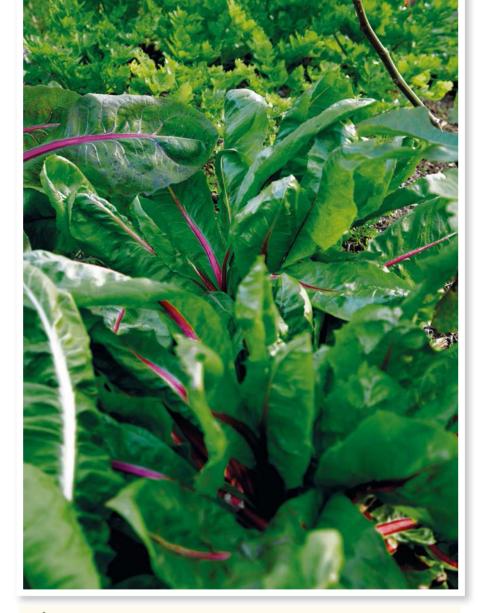
Some gardeners nip out the first flowers on pansies and poppies to encourage strong growth.

### New in the nursery!

Pelargoniums are at their best in the cool months of autumn and spring. This new zonal pelargonium, 'Turkana' Strawberry Twist, fills pots perfectly. It's bushy and compact (20–25cm high and wide) with dark green leaves and produces plenty of

large, eyecatching flowers. Plant in full sun to partial shade. Don't overwater; the soil should dry out slightly before watering again.





#### General tips

- If mole rats are a problem, plant spring-flowering bulbs in pots, covering drainage holes with pieces of brick or stones. When planting a mixture of bulbs in one pot, plant in layers (large bulbs below smaller bulbs) using a commercial potting mix.
- In cold gardens, or if garden space is needed for other plants, cut off old stems of dahlias, leaving a small stump, and carefully lift the tubers. Place in a box, cover with vermiculite and store in a dry, frost-free place.
- Instead of having to remove hessian covers from frost-tender plants every morning and replacing them every evening, use lightweight horticultural fleece. This allows light, air circulation and water to reach plants and it is left on the plants until all danger of frost has passed.

- Prevent attack from the cypress aphid by working aphicide granules into the soil around the base of conifers, one tablespoon per square metre and water in well. Spray small conifers with Efekto Aphicide. Apply once a month in winter.
- Water shrubs and bulbs that originate in the winter rainfall region, and azaleas, camellias and spring-flowering shrubs, twice a week. Trim and clean under hedges, a favourite winter haven for pests such as snails and slugs.
- Check indoor pot plants before watering, as they require less water in cold weather. Move them away from windows where the temperature drops at night, and from heaters that dry the air in the room.
- In the vegetable garden, sow broad beans, broccoli, cabbage, carrots, leek, kale, peas and spinach. A mulch of straw between rows will conserve moisture and discourage weeds.



#### **COURSES AND TALKS**

#### 9; 16; 23: RAND PARK RIDGE Landscape design

Lifestyle College offers a Landscape Design course over three Saturdays at Lifestyle Garden Centre from 09:00–16:00 for R2 500. Call 011 792 5054.

#### 13: 27: CAPE TOWN

#### Talks at Kirstenbosch

13: Kirstenbosch horticulturist Louise Nurrish discusses fynbos and proteas.
27: Geologist Dr John Rogers talks about "The geology of the Western Cape: bedrock and substrate for the flora".
Venue: Sanlam Hall, Gate 2, Kirstenbosch. Time: 10:30.
Cost: Entrance to Kirstenbosch Botanical Garden (R50 for adults) applies, but the talk is free. Contact Cathy Abbott on 021 465 6440.

#### 17: SANDOWN

#### Grow your own organic vegetables

Sought After Seedlings offers an advanced course from R730 per person, including workshop and training materials, a light lunch, tea and coffee. Venue: Inner City Farm in Sandown, Sandton. Time: 11:00–16:30. Call 082 651 4276 or go to soughtafterseedlings.co.za.

#### 30: MULDERSVLEI

Maureen van Wyk discusses everything you need to know about the birds and the bees and honey-making at The Pink Geranium, Winterstroom Farm, corner of the R304 and N1, Muldersvlei at 10:00 for R75. Call 021 884 4313 or go to **thepinkgeranium.co.za**.

#### **SHOWS**

#### 9-11: EDENVALE

#### Orchid show

Don't miss the East Rand Orchid Society's show at Edenvale Community Centre from 10:00–16:00; call 011 453 6888 or visit eastrandorchids.co.za.



# Ludwig's rose corner

Rose guru Ludwig Taschner's inbox always fills up with garden queries – and his answers could help you, too!

Q: I went to the nursery to buy fragrant roses but was very disappointed as those marked as 'fragrant', even a rose such as 'Oklahoma', had barely any scent at all. Any idea why?

The scent that escapes rose blooms is oxidising alcohol. It's often very fleeting and much depends on the temperature and opening stage of a bloom. In the heat, the scent is gone in minutes; in wind it's blown away; and in cold weather it doesn't escape the petals. I know of rose varieties that were entered into international fragrance trials and the breeder found that at 8am his rose had no scent but at 11am it won the prize for the most scented rose.

I often pick a bloom, put it in my pocket and only take it out to smell it after some time has passed. Once the petals have softened, the fragrance escapes. If you pick blooms of fragrant rose varieties and display them in a vase in a room at a moderate temperature, soon the whole room will smell of roses.

I can assure you that if you plant lots of fragrant roses together, you'll be able to walk through a scented rose garden – at certain times of the day.

My pick of fragrant roses: 'Addictive Lure', 'Blue Moon', 'Duftwolke',

'Fragonard', 'Garden Queen', 'Perfume Passion' and 'Perfumery'. Q: When is a good time to move my rose bushes from a bed with too much shade into a sunnier bed?

May and June are the best months to move roses. They're not actively growing, so stress to the roots is minimal. Even so, cut back the bush by a third, and don't pull the rose out but rather dig around the bush in a circle about 20cm from the centre, making sure you cut the roots that anchor the plant in the soil. Use two spades to lever it out of the soil, cut off any broken roots and replant immediately in the prepared position.

If it's not possible to replant the rose immediately, cover the rootball with moist sacking and keep it in the shade or put it in a trench and water well. Water well after transplanting and keep on watering regularly until you see new growth appearing. It can be pruned as normal in July.

**CONTACT ludwigsroses.co.za** and send queries to **gardens@homemag.co.za**.



'Garden Queen'

#### Rose tasks for May

- No more fertilising is required, except in subtropical areas where you can continue to feed with Vigorosa once a month.
- Continue to protect the leaves from black spot by spraying with Chronos, Dithane or Rose Protector. If the roses have lost their leaves, spraying is not necessary.
- Reduce watering to once a week in summer rainfall areas as well as in the Eastern and Southern Cape to encourage the roses to go dormant. In subtropical areas, roses can be watered twice a week. >>



# 

This pink lightweight and compact Makita drill driver will make short work out of tightening screws in hard to reach places; such as cupboard door hinges and handles, putting screws into craft projects and countless other tasks in and around your home and office.

Makita DF330DWXP 10.8V Li-Ion Cordless Drill Driver

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Makita will donate a R100.00 from the price of this tool to the **Cancer Association of South Africa** (CANSA) towards breast cancer screening and education

#### Recommended Retail Price R1499.00 including VAT.

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A MEMBER OF THE **HUDACO** GROUP



Herb of the month

Thyme (Thymus vulgaris)

Nothing beats thyme as a winter tonic and

Nothing beats thyme as a winter tonic and remedy for throat and chest infections.

**How to grow** Likes full sun and ordinary, well-composted garden soil that drains well. Its aromatic leaves keep pests away from cabbages, brinjals, peppers and tomatoes if grown nearby. Use shrubby varieties as low clipped hedges, and groundcovers in-between pavers or to create fragrant pathways. Grows well in pots but needs regular watering and fertilising. **Different types** Common thyme (*Thymus vulgaris*) and lemon thyme (*T. X citriodorus*) are small, bushy shrubs (30cm high), wh

thyme (*T. X citriodorus*) are small, bushy shrubs (30cm high), while the golden, creeping and green thyme and varieties such as 'Silver Posie' and 'Doone Valley' are groundcovers.

**Tip** Growth slows down in winter; pot up extra plants for overwintering in a sunny, sheltered area so you have plenty of leaves for picking.

**Did you know?** Thyme tea (infuse leaves for 10 minutes and strain) is full of antioxidants and can help to increase Omega-3 fatty acids

in the brain, which counter the effects of aging.

**Common problems** Thyme becomes woody if not picked or pruned regularly.

Ideal for flavouring French and Italian dishes, as a wash to relieve insect bites and stings, as a tea for colds (50ml three times a day), in pot-pourri and moth-repelling sachets, in baths and facial steams as a relaxant and decongestant, and also as a tonic to support the immune system in bronchial infections.

CONTACT healthyliving-herbs.co.za.



Star mini-crate with glass

planters R55,

biggiebestwebshop.co.za

Dig it Lasher hand trowel and fork with long handle R75 each, builders.co.za



**GREEN READ** 

ONE lucky reader will win a copy of *Creative Combinations in Today's Gardens* by Suzette Stephenson and Louise van Rooyen.

Creative Combinations (R210, Metz) looks at combinations in four categories: 1) colour 2) shape and form 3) texture 4) the specific environment of the garden and its plants.



To enter, SMS the keyword COMBINATIONS followed by your name, email and postal address to 44284 before 31 May 2015 (each SMS costs R1.50). See our competition rules on page 128. ♠













### Mushroom croque monsieur

This dish also works as a meal on its own – just add slices of fresh bread.

Makes 4 generous servings Preparation time: 10 minutes Cooking time: about 20 minutes on low heat

- 8 large brown mushrooms
- 8 slices smoked ham (we used Parma ham)

#### **BÉCHAMEL SAUCE**

- 20ml butter
- 20ml flour
- 350ml hot milk
- 3ml salt
- · pinch of white pepper
- pinch of fine nutmeg
- 125ml grated Gruyère cheese
- 1 Make the béchamel sauce Melt the butter over low heat in a pot on the stove. Add the flour and whisk together for 2 minutes. Gradually add the milk, whisking continually, until the sauce thickens. Remove from the heat and add the salt, pepper, nutmeg and half the cheese. Mix.
- 2 Place the mushrooms on a clean work surface and tuck a slice of ham into the cavity of each one. Place 3–4 tablespoons of béchamel sauce on top and sprinkle with the remaining grated cheese. Arrange on an open grill and cook slowly, well above the coals, until the mushrooms are done and the cheese has melted. (As an alternative: bake for about 20 minutes in the oven at 200°C, then brown quickly under the grill right at the end.) Serve with sliced baguette. >>





#### Sunday roast chicken

Makes 4 generous servings Preparation time: 20 minutes, plus 40 minutes for the roasted garlic Cooking time: 2 hours, 40 minutes Oven temperature: 180°C

- 3 garlic bulbs
- · olive oil
- . 60ml butter, softened
- 10 sage leaves, chopped
- · Maldon salt and black pepper
- 90ml butter
- · about 20 sage leaves
- 1 large chicken

1 Preheat the oven. Cut one of the garlic bulbs in half, put it in a pan and drizzle with olive oil and salt; bake for 40 minutes or until golden brown and soft.

2 Reduce the oven temperature to 120°C with the thermofan setting. Squeeze the roasted garlic out of the white skin and mix with the butter and chopped sage leaves to form a paste. Using your fingers, rub the fragrant paste under the skin of the chicken. Put the chicken and the remaining garlic bulbs in a roasting pan, sprinkle with a little olive oil and season with Maldon salt and black pepper. Cover and roast for 2 hours in the oven. Remove the lid, baste the chicken with the pan juices and grill for 10 minutes.

3 Before you serve Heat the 90ml butter in a pan with the remaining sage leaves and fry until the leaves are crispy. Remove and drain on kitchen towel. Serve the chicken on a large platter with the roasted garlic, crispy sage leaves and of course roast potatoes drizzled with the pan juices.

A whole chicken is usually enough for about four people - make more than one so that there's enough for seconds!

#### Green beans with anchovy sauce and almonds

Chop 2 anchovy fillets and 1 clove of garlic very finely with a stick blender. Season with thyme and pepper (remember the anchovies are already salty), then beat in about 125ml good quality olive oil to make a sauce. Stir the sauce through steamed green beans and sprinkle toasted almonds on top. This sauce is equally delicious with cooked potatoes or over a salad.

#### Oven-roasted vegetables

Serves 6-8

Preparation time: 15 minutes Cooking time: 40 minutes Oven temperature: 180°C

- 800g butternut, peeled and sliced
- . 350g baby beetroot, scrubbed
- 800g fennel bulbs, cut into wedges
- olive oil
- 60g baby salad leaves to serve

Preheat the oven. Arrange the vegetables in three different oven dishes or divide a single roasting pan into three with foil. Sprinkle with olive oil, salt and pepper. Shake the pan(s) to ensure that the oil is well distributed. Cover the fennel with foil. Bake for 40 minutes. Use a knife or cake tester to determine whether the vegetables are soft. If not, put them back in the oven for 10–15 minutes. Cool slightly and, just before serving, mix the vegetables with the salad leaves on a serving platter.

#### Reinette's cooked onion salad (slaphakskeentjies)

Roast a few whole mustard seeds as an optional extra garnish.

Serves 6-8

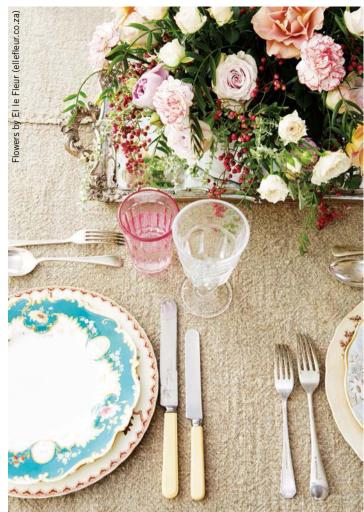
Preparation time: 30 minutes, plus cooling time
Cooking time: 35 minutes

- 1.6kg small white onions
- · about 4 large eggs
- · 250ml sugar (or to taste)
- 5ml dry mustard powder
- 375ml white vinegar
- pinch of salt and pepper
- about 30ml water

1 Cook the onions in salted water, pour off the water and let the onions cool in a salad bowl. The onions are cooked if a knife can penetrate them easily (they should not be cooked until mushy) – it takes about 25 minutes over medium heat, depending on the size of the onions.

2 Mix the eggs, sugar and mustard in a saucepan and heat over medium heat. Gradually add the vinegar, stirring constantly. Taste regularly – you need a balance between sweet and sour. It will take about 5 minutes for the sauce to get the right texture and the egg to be cooked. If the sauce is too thick, add the water little by little until it's just right. Pour the sauce over the onions and allow to cool before serving. >>











# essories from Biggie Best (021 976 3530, biggiebestwebshop.co.za) and Plan B Vintage (082 491 3677, planbvintage.co.za)

#### Savoury apple tart

Reinée says: "The inspiration for this tart was an apple-and-spinach salad stack I tasted during a visit to France with my mother last year. The trip was a feast of great food and wine, breathtaking scenery, laughter and – the cherry on top – memories made with my mom that I'll cherish forever. The secret to this dish is to use puff pastry made with real butter and to cut the apple paper-thin."

Makes 1 tart

Preparation time: 35 minutes Cooking time: 35 minutes Oven temperature: 220°C

- 400g puff pastry (buy the kind made with real butter)
- 1 egg, beaten
- 18 thin Pink Lady apple slices (use a mandolin)
- about 150g baby spinach, rocket and watercress
- 2 Brie or Camembert cheese rounds, sliced
- 1 Preheat the oven. Roll the puff pastry out on a clean work surface. Cut the largest square you can get out of the dough. Cut the remaining pastry into strips and add to the edges to make them higher. Brush the dough with egg, prick the inside with a fork and place on a baking tray. Put the dough in the oven and reduce the temperature to 200°C. Bake for 20 minutes until golden and risen.
- **2** Make nine stacks of two apple slices and greens with Brie or Camembert in-between and on top. Arrange in the pastry case and bake for a further 15 minutes.



#### Frangipani tart

With or without fruit, this tart is a winner.

Serves 8

Preparation time: 40 minutes Cooking time: 60 minutes Oven temperature: 180°C; 160°C

CRUST (enough for two crusts of 24cm)

- 500g cake flour
- 5ml fine salt
- . 5ml white sugar
- 400g unsalted butter, cubed and frozen for an hour

• about 125ml ice water

FRANGIPANI FILLING (make double for two tarts)

- 125g butter
- 125g castor sugar
- 2 eggs
- zest of 1 lemon
- 120g ground almonds
- 40g cake flour
- 6–8 ripe figs (or a combination of figs, canned pears and raspberries)

1 Make the dough Combine the flour, salt and sugar in a food processor. Add the cold butter and blend until the mixture resembles breadcrumbs. Add a tablespoon of cold water, a little at a time, until the dough holds its shape (then you know it's ready) – too much water will make the dough heavy. Remove the dough from the food processor and knead briefly until it just comes together. Divide it into two flat discs and cover with cling film (one disc makes one pie crust). Rest in the fridge for 1 hour; the dough will keep in the fridge for two days.

2 Make the crust Remove the dough from

the fridge and let it rest for about 15 minutes before rolling it out on a lightly floured surface; line a 24cm loose-bottomed quiche pan with the dough. Prick with a fork, line with baking paper and dry beans and blind bake for 15 minutes at 180°C. Remove the beans and bake for another 5 minutes. Reduce the oven temperature to 160°C.

**3 Prepare the filling** Cream the butter and sugar together until light and fluffy. Add the

eggs, one at a time, and mix well after each addition. Add the lemon zest, almonds and flour and fold gently so as not to lose the air in the mixture. Spread the mixture over the baked crust to about three-quarters full and add a few pieces of fruit. Bake for about 30 minutes or until golden brown and cooked (the more fruit you add to the tart, the longer it will take to cook). Remove and allow to cool slightly before serving with frozen yoghurt and extra fruit.

#### Frozen yoghurt with honey

Reinée's husband Deon used to be a product developer in the dairy industry and his ice cream combos are legendary.

Although simple, this recipe is superb:

Mix 1kg Greek yoghurt and 250g honey.

Put it in an ice cream-maker and follow the machine's instructions until the ice cream is frozen. Serve immediately if you prefer soft ice cream or freeze it for another 60 minutes for a firmer consistency.

# Dinner's on the table!

Four quick meals with a French flavour.

By Johané Neilson • Photographs Francois Oberholster



#### Pork and bean stew

Under R75 • Serves 4 • Preparation time: 20 minutes Cooking time: 35 minutes

- 60ml olive oil
- 8 thick pork sausages
- 1 onion, chopped
- 3 celery sticks, chopped
- 3 carrots, peeled and chopped
- 1 small cabbage, chopped
- 125ml white wine
- 1 tin small white beans, rinsed and drained
- 1 tin chopped tomatoes
- 1 sprig each of thyme and rosemary
- 1 Heat the oil in a frying pan and fry the sausages slowly until golden and fragrant. Remove the sausages and fry the vegetables until glossy. Add the wine and cook until reduced.
- **2** Return the sausages to the pan and add the beans, tomatoes and herbs. Season with salt and pepper and simmer slowly with the lid on for 10 minutes.



#### Chicken livers on pasta

Under R95 • Serves 4
Preparation time: 25 minutes • Cooking time: 25 minutes

- 250g chicken livers, trimmed
- 200ml Coke (optional)
- 250g bacon rashers, chopped
- flour

- · sprig of rosemary
- 250g mushrooms, sliced
- 2 cloves garlic, chopped
- 15ml brandy
- 250ml cream
- 300g pasta, al dente
- **1** Pat the liver dry and cut into bite-size pieces. Pour the Coke over and marinate for about 15 minutes (the Coke has a tenderising effect).
- **2** Fry the bacon in a hot pan until crispy. Remove the bacon and set the rendered fat aside. Remove the liver from the Coke, pat it dry, roll it in flour and season with salt, pepper and a little chopped rosemary. Fry the liver in the fat (add extra oil if necessary) for about 5-8 minutes or until brown on the outside but still pink inside.
- **3** Remove the liver and then fry the mushrooms until golden brown. Add the garlic and fry for another minute. Add the brandy, allow it to almost boil away and finally add the cream simmer until the liquid has reduced by half.
- **4** Return the meat to the sauce, heat through and serve on pasta with a fresh baguette.





#### Oven-baked fish in cheese sauce

Under R100 • Serves 4 • Preparation time: 20 minutes Cooking time: 25 minutes • Oven temperature: 220°C

- 4 leeks, chopped (use only the white parts)
- 50ml butter
- 50ml flour
- 500ml warm milk
- 1 bay leaf

- nutmeg
- 250ml mature Cheddar cheese, grated
- 6-8 portions of hake (about 800g)
- · homemade breadcrumbs
- 1 Preheat the oven. Fry the leeks in butter until glossy. Beat in the flour and cook for a few seconds. Beat in the milk until smooth and bring to the boil. Season with the bay leaf, salt, pepper and nutmeg. Remove from the heat and stir in the cheese.
- **2** Arrange the fish in a single layer in an ovenproof dish, pour the sauce over and sprinkle with breadcrumbs. Bake until golden brown and cooked (about 20 minutes).

#### Root vegetable soup

Under R55 • Makes 4 generous servings

Preparation time: 10 minutes • Cooking time: 40 minutes

- 1 onion, chopped
- $\bullet \ 1 \ clove \ garlic, \ chopped \\$
- 15ml butter and olive oil
- 1 medium sweet potato, peeled and diced
- 2 parsnips, peeled and diced
- 2 medium potatoes, peeled and cubed
- 2 carrots, peeled and diced
- about 1 litre stock (vegetable or chicken, preferably homemade)
- 1 green apple, peeled and grated
- 2 sprigs thyme

1 Fry the onion and garlic in butter and oil until glossy. Add the vegetables and stock and cook for 30 minutes or until soft. Add the grated apple and thyme, and cook for another 10 minutes. Liquidise the soup and serve with bread or crispy croutons.

Variation Stir in a swirl of cream or garnish with sage leaves fried in butter (see Sunday roast chicken recipe on page 110).



# A French delicacy

Tempt your taste buds with this delicious combination of trout, leeks and bacon wrapped in cabbage leaves.

By Sonja Jordt
Photographs François Oberholster

#### Trout and cabbage parcels

This recipe was inspired by Marita van der Vyver's book, *Winter Food in Provence*. I was responsible for the styling – and lucky enough to taste all the delicious food. This recipe was inspired by Marita's *chou farci au saumon*.

Makes 6–8 cabbage parcels, depending on size Preparation time: 1 hour Cooking time: 20 minutes steaming and 5–10 minutes frying

- 350g fresh trout fillets
- 125g bacon, chopped
- 150g pecorino cheese, grated
- 2 egg whites
- 150ml crème fraîche or double cream Greek yoghurt
- 3-4 leeks, sliced into thin rings
- 1 large Savoy cabbage (you can also use ordinary cabbage)
- · about 100g butter

#### SALSA

- ½ red onion, finely chopped
- 1 avocado, cut into small cubes
- handful of pomegranate seeds
- 1 apple, diced
- · fresh dill, chopped

#### **VINAIGRETTE**

- 15ml Dijon mustard
- 15ml honey
- 60ml balsamic vinegar
- 125ml olive oil



1 Skin the trout fillets and cut into small cubes. Now mash carefully with a fork or use a chef's knife to mince it finely. Fry the bacon in its own fat in a frying pan then remove and drain on kitchen paper. Allow to cool and add to the fish with the pecorino. Lightly beat the egg whites and stir in with the crème fraîche.



4 Fold each cabbage leaf around the filling to form a neat parcel and place it on the foil, seam side down. Then seal the foil around the parcel and repeat with all the cabbage leaves and filling.



2 Fry the leeks until soft and glossy in the same pan in which the bacon was fried. Carefully break off the outer leaves of the cabbage and set aside. Chop the rest of the cabbage finely and fry with the leeks for a few more minutes; add a knob of butter if necessary. Allow to cool.



**5** Add 2cm boiling water to a pot, insert a tight-fitting grid to keep the parcels above the water, add the parcels and steam for 20 minutes. Remove from the heat and allow to stand for 5 minutes.



3 Blanch 6–8 of the outer cabbage leaves for a few minutes in boiling salted water to make them soft and manageable; refresh in cold water and dry. Mix the fried leeks and cabbage with the trout mixture. Place each cabbage leaf on a piece of foil and divide the trout mixture between the leaves.



6 Remove the foil once the parcels have cooled slightly. Heat the remaining butter in a pan and fry the parcels until golden brown. Serve the parcels on a bed of lentils with salsa on top.





# Roll up!

Our heritage food contributor, Karen Dudley of Woodstock's The Kitchen, tells how her mom could turn making pancakes into an act of culinary kindness.

t could happen at any time of the day or night. Pancakes! Any excuse: to thrash out a family problem, to mend a sadness, to gather the troops, to conference, to touch base.

My mother would whip up her crêpe mixture and these pancake sessions would manifest with intensity; often she would build a little stockpile by adroitly layering pancake after pancake in a buttered Pyrex dish with a lid set over a simmering pot of water. Sometimes, the rush of pancakes would be so fast and furious, and our appetite for them so capacious, that we would simply line up and take our share straight from the pan.

We even had all the pancake paraphernalia: at one point an electric crêpe pan (I was never entirely convinced) and beautiful crêpe plates bought in France.

My mom's pancakes were unfailingly light and fluffy, almost lacy. And there would always be a bevy of toppings at the ready: cinnamon sugar and lemon, real maple syrup sent along with calendars of British Columbia, Canada by newly immigrated friends.

We had *crème de marron* (regular gifts of chestnut purée from my dad's business associates in France) and marvellous orangey crêpes Suzette, sometimes brandy-soaked cherries... But my favourite by far, and still to this day, was soft or melted butter and castor sugar!

My mom expressed love in this simple act: "Have another one!" "Don't be shy with the cream!" "Karen, you know this will make you fat..." "Have another one!"

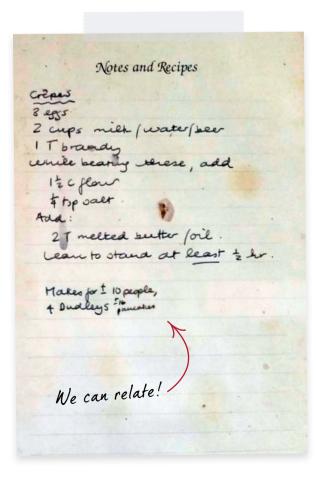
All could be remedied and all was well in the world after a sitting of pancakes. Such a pancake communion created the space for us to connect, to offload a little, affirm our affections – this butter and sugar intensity effecting a necessary catharsis. The long queues of people waiting for *poffertjies* at the Dutch stall at the Maynardville Carnival and at pancake or waffle stands at any self-respecting market or fête understand this intrinsic relationship.

People often ask me if my mother taught me how to cook. My mom is a fine cook and she taught me how to love my onions, how to cream butter and sugar for a cake and a league of other things – but what she really taught me was how to enjoy food. What I realise now was that in teaching me the joy and purity of that sweet union of butter and sugar, and in growing my appreciation of this simplest of marriages, she was teaching me confidence in my own flavour.

She was teaching me style!

email@karendudley.co.za





#### Crêpe batter

- 8 eggs 2 cups milk/water/beer
- 15ml brandy 375ml flour 2ml salt
- . 30ml melted butter or oil

While beating together the eggs, milk/water/ beer and brandy, add the flour and salt. Then add the melted butter or oil and leave to stand crêpes. The first pancake is often not the best one. Be gracious with yourself and use it to fix the mixture (Thin it down? Add more flour? Add an egg?) or adjust the temperature. My French friend Ingrid would keep a small ball of slightly oiled paper towel in a little bowl for giving the pancake pan the lightest coating of oil. f





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## Food & drinks

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By Johané Neilson Photographs: Francois Oberholster and supplied



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#### Take note!

BBC TV chef and cook book author Rachel Khoo always takes her notebook when she embarks on new culinary adventures from her tiny kitchen in Paris so she can record recipes, ideas, photos and illustrations of the food

sne loves. Now it's a cook book! *Rachel Khoo's Kitchen Notebook* (R395; Penguin Random House South Africa) is filled with delightful recipes infused with experiences from her travels. I can't wait to try her pickled pear, lentil and Gorgonzola salad; cherryglazed lamb shanks with pilaf; and, of course, berry tartlets for dessert...

#### Ready, steady, cook!

Reinée Terreblance-Brand and her husband Deon Brand are the dynamic duo behind Tamatiestraat Cooking School in Stellenbosch (see our feature story on page 106). Their classes are fun, informal and inspirational with a focus on fresh, seasonal ingredients. Email info@tamatiestraat.co.za or visit tamatiestraat.co.za to arrange a custom-made cooking class, or join one of their scheduled classes.



Purple reign

Le Creuset offers a wide range of promotions this Mother's Day – we love the matte finish and rich purple of their latest colour addition, Amethyst, but classics such as this cotton jug also make a great gift. Go to lecreuset.co.za.





The revolutionary Proudly South African Wonderbag is a non-electric, heat-retentive cooker that allows food brought to the boil by conventional methods to continue cooking for up to 12 hours. And it's pretty too! Spoil your mom with a stylish limited-edition Lou Harvey Wonderbag for Mother's Day (R550). Visit wonderbag.co.za





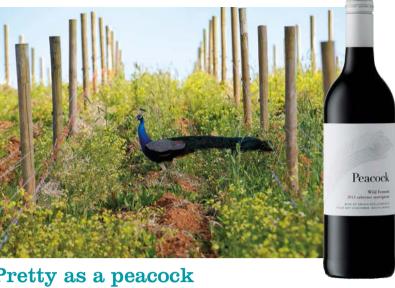




#### Local flavour

French-inspired Stellenbosch wine estate L'Avenir celebrates the opening of SA's first lounge dedicated to the truly South African cultivar Pinotage. It's perfect for enthusiasts looking for an exclusive and intimate venue for private dinner parties or corporate functions. For bookings and info, call 083 627 5551 or email info@lavenir.co.za.





Pretty as a peacock

The Peacock Wild Ferment range (R65 per bottle at the cellar and selected wine outlets) from the sustainable Waterkloof wine farm outside Somerset West is named for the brightly-plumed birds in their vineyards. The Peacock Wild Ferment Cabernet Sauvignon 2013 entices with hints of dark fruit and pencil shavings on the nose, followed by ripe, juicy flavours and a fresh, balanced acidity on the palate. It's perfect for pastas and red meat dishes. Visit falsebayvineyards.co.za.

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#### Online treasures

MyCollections.co.za is a new online goods market that not only provides a treasure trove of gorgeous culinary products, but also tells the story behind the people who produce them.



#### Three colours red

#### Val de Vie Seventeen Eightv Three (2009)

This elegant flagship wine (R150 at the cellar) boasts aromas of dark fruit and spice with notes of plum, cherry and cassis. Serve it with a Sunday roast on a special occasion. Go to valdevie.co.za.

#### Thierry & Guy Fat Bastard Merlot

A fruity ruby-coloured red (from R95 at leading retailers), the Fat Bastard Merlot offers aromas of ripe berries on the nose and boasts summer fruit flavours in a juicy palate. Enjoy it with your favourite Italian meal. Visit robertsonwinery.co.za.

#### Glenelly The Glass Collection Syrah (2011)

This red (from R75 at leading retailers) has a beautiful rich colour, red and black fruit, herbs and white pepper on the nose as well as a well-balanced palate. It's the perfect accompaniment to a delicious meal in great company. Check out glenellyestate.com. fi



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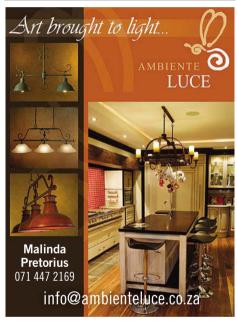




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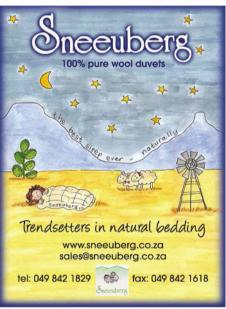




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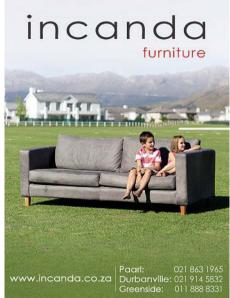
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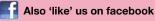
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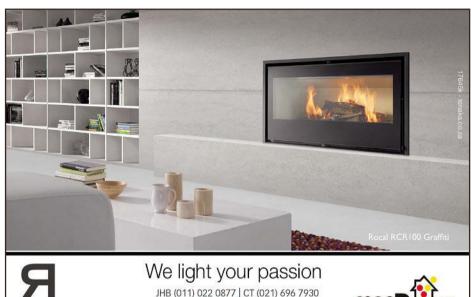
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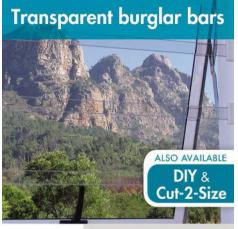
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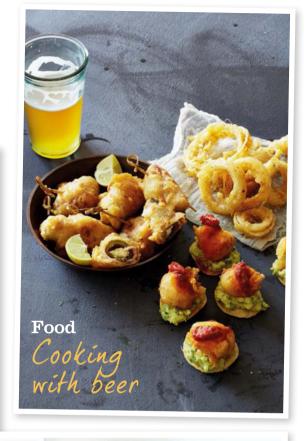
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#### In June

... we're bringing the braai inside!





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# The best food on earth

Riana Scheepers and the guests around her table share their culinary adventures.

love asking this question when I'm sitting around a table with new friends and interesting people: what's your favourite dish? What usually follows is a host of different answers about what people regard as their most delicious treat: a *braaibroodjie*. Fresh figs from your own garden. Bean stew, tomato bredie. A chop or steak on the braai, snoek on the coals.

Obviously, anything cooked over an open fire is delicious for us South Africans. One friend told me – in all seriousness – that the nicest thing ever is instant custard from the carton that you steal from the fridge late at night when no one is around, squirted directly from the box into your mouth. This nocturnal custard-thievery comes from someone who has eaten in the best restaurants in the world and even had a personal chef at his disposal when he held a diplomatic post. Picturing this in my mind had me laughing out loud. Mr Ambassador enjoying the best dish on earth, late at night in the dim light of an open fridge door: custard from the carton.

Along with enquiring about favourite foods, it's also a fun game to ask the guests at your table to tell you about their perfect meal. If time, money and distance aren't a problem, if it were possible in one night to be in any place in the world, where would you go for your starter, and what would it be? Where would you like to eat the best main course? And where would you travel for the most delicious dessert?

Such a global culinary trip takes you around the world in one night. For starters, it's salmon and asparagus in Antwerp. No, says another, Portuguese sardines in Lisbon in a tiny restaurant overlooking the Tagus; nothing can beat that. Another says: there's no better starter than a meze platter with dolmades, fried eggplant and calamari on one of the Greek isles – especially if it's a walk-in restaurant on a Greek auntie's stoep.

Interestingly, not one of my guests went abroad for the main dish. The most delicious main courses are apparently here in Africa: chops and wors on the braai on a balmy summer evening in the Bushveld. Leg of lamb and crispy potatoes cooked by my mother in the Hantam, says another – there's nothing better. With pumpkin fritters. No way, says one guest, the very best dish on earth is the rosemary-infused oxtail and dumplings I cook in a *potjie* on the coals in my own backyard.

For dessert my guests venture far and wide again. White chocolate soufflé in

Accompanied by a dark Shiraz.

Stockholm, apple strudel with cream on a snowy evening somewhere in the Swiss Alps. The crème brûlée with pieces of ginger that someone had eaten in Italy. Or ice cream in France; ice cream so subtly flavoured with rose petals that the bouquet becomes a craving.

My choice for dessert is also South African: souskluitjies (dumplings) with cinnamon next to an Aga stove in a Karoo kitchen. Especially if it's raining – the welcome, welcome rain that turns the Karoo into a paradise.

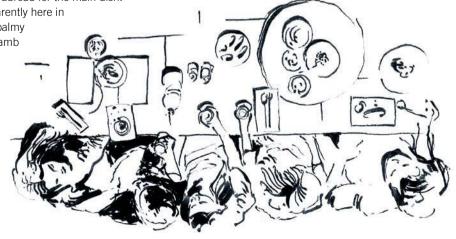
This culinary fantasy journey around the world makes me realise: the best food on earth is not necessarily found in expensive restaurants. Because along with experiencing the tastiest dishes on the earth comes the stories, the person you share them with, the love, joy, friendship and companionship of the people who eat with you. Not for nothing does the Bible say: "Better a dry crust with peace than a house full of feasting with strife".

Of course, I have the last word on the tastiest meal ever. The love of my life who, one winter's evening, makes a fire out in the open after a day's hunting and braais a springbok fillet over the coals. Perfectly cooked. We huddle around an ugly steel table next to the fire, because it's a freezing cold, clear night with the Milky Way spread across the sky above us. We listen to the night sounds, we gaze into the fire, we eat the most delicious meal ever.

A five-star meal? No, a thousand times more than that.

#### Riana

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